

AN OWNED LIFE

An Introduction to the M/s Lifestyle

Second Edition

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Introduction



This book is a result of my personal experiences living in the Master/slave lifestyle. Over the years, I have owned a number of slaves, counseled both Doms and subs, and worked with couples on structuring a life that worked for them. My training pattern is one where I created individual programs based upon the needs of each slave that I am working with at the time. My tendency is to avoid the “one method fits all” mentality. Experience showed me this to be a harmful way to approach things.

When I was first exposed to this lifestyle over a decade ago, I quickly learned that there was not much information available. It certainly was viewed as an underground way of life. The Internet has changed that issue by providing more information than any one person can process in a lifetime. Unfortunately, this created another problem: the propensity for misinformation. When I read some of the suggestions that people had, I began to cringe. There is so much that causes harm it is ludicrous to think that someone would follow some of these suggestions. But, alas, people do. I hear horror stories almost weekly of some of the damage that is done to individuals. It is a tragedy that hopefully we can avoid in the future.

This is the main reason why I put together this publication. It is my effort to try to give new people a basic understanding of the lifestyle I find so rewarding. This text is based upon my personal experience coupled with the research that I have done. My interaction includes many Masters and slaves who were gracious enough to share their experiences with me. It is

interesting to see the different ways that people choose to structure their relationships. Through this process, I received some wonderful ideas which I will share with you. At the same time, I came across some things that were simply quirky. While I value an individual's right to choose how he wants to structure his training, I found a lot of it was based in low self confidence. The fear of losing control created the establishing of some pretty interesting rules.

Since this book is based upon my experience, I am going to refer everything from the masculine point of view. I will refer to all slaves as women. Of course, situations exist where the slave is male. Yet, I have not been in these situations so my point of view will be male dominant. Nevertheless, the principles are the same regardless of the configuration of the relationship.

My Entry

My entry into this lifestyle was similar to that of most other people: mostly by accident. A number of years ago I began seeing a woman who seemed vanilla on the surface. However, as our relationship progressed, she started revealing more about her desires. It turned out that she was a slave in the past and really felt comfortable in the type of relationship. Initially I noticed her submissive side but I just presumed that it was only sexual. I was to learn how wrong I was. Over the next 18 months I was trained in the fine art of domination, by a slave. Since I knew of no other Doms to refer to, my learning was based solely on her

guidance. Fortunately, the factor of nature came to my aid. It turns out that I was a natural Dom which meant a lot of things came easily for me. Of course, I made my share of mistakes which facilitated me learning more. As time went by I really developed a knack for this.

The first girl, Summer, was not into pain. This meant that my exposure to the physical aspect of this lifestyle was to come later. For that time period, I focused on the psychological side of things. Again I was fortunate in that I had extensive background in matters of the mind. I was able to develop a methodology which established control without the use of force. Punishments were not administered physically, but rather at the mental, emotional, and psychological levels. This is one of the reasons why I am not a subscriber to the “brute force” theory of control. My interaction with my slaves occurs at a level so much deeper. Over the years, I had a number of women submit to me completely without ever meeting me in person. This is impossible if force is the tool used to control. Deeper levels are available to those who take the time to seek it. My opinion is this is what most submissive women are looking for to begin with. They do not want to be driven by fear. Anyone who tries to control in this manner is not getting a slave, but, rather, a victim.

Being True To The Lifestyle

An interesting observation is that once one gets a taste of this way of life, returning to the “normal” world is

diminished. I tell all my slaves that the prospect of going back to a traditional relationship in the future is unlikely. Happiness does not reside there for people who are so extremely dominant or submissive. There is something deep within us that always resists what occurs in those types of situations. It is something that you have probably experienced yourself if you are someone who is cut out for this way of life. Even when we are in relationships with wonderful people, there is something that “just is not right” about it. It took me a number of years to understand what went on. I share my revelations about this later in this book.

After that first relationship ended, I fluctuated between this lifestyle and the traditional relationships. I even went so far as to jump whole heartedly into a vanilla relationship with a woman. She brought a couple of kids to the relationship which led to us buying a house together. It was a regular “Leave It To Beaver” atmosphere. There was just one issue: I was miserable. Long ago, I realized that I was not cut out for marriage yet I figured I could handle this. Not surprisingly, I was wrong. This situation quickly became a living nightmare. The woman I was involved with was an independent type who preferred to “walk to the beat of her own drummer”. It really was a relationship of two individuals. As you can guess, it exploded with a lot of fallout after a few years. The only reason it lasted so long was because I was a stubborn fool who would not admit my poor choice.

It is important for me to mention here that the poor choice was not in the woman that I selected; although a

debate about that could occur. Where I had gone wrong was in my option to stop being true to myself. Up to this point in time, I had been in 4 Master/slave relationships. I had the understanding of where I was happiest. The problem was that I had failed to commit myself fully to the lifestyle. I was still trying to fit into society's mold of how relationships are designed to look. My esteem was such where I did not have it within me to stand up for my own beliefs and structure my life as I saw fit. Lucky for me that pain was a great motivator and got me back on track. Yet this was an extremely hard lesson for me to learn.

Happiness

The mishap that I just referred to was not the last time I tested the consequences of choosing something other than this way of life. A little over a year later, I got involved with a woman who is as vanilla as they come. She is a church girl. I know what you are all saying, "what was I thinking". Please allow me to save face by claiming temporary insanity. Again, I was trying to fit into society's mold of what was appropriate. At the time, I was in my mid 30s, which meant the biological clock was ticking. It is noteworthy to mention that even when we make decisions, the societal influences on us are powerful. This woman was the type one would seek in a wife. She was intelligent, had a high paying job, lots of fun, and was looking for a life partner. In spite of my personal decision to not marry, I still got involved.

Fortunately, this time the relationship was short

lived with me returning to what is natural for me. That situation showed that my answer is not in a traditional relationship. Since that time, I have not turned my back on this lifestyle. It is now deeply ingrained in my psyche that I do not belong anywhere else. Society can be damned with its disapproval of how I choose to live my life. Being miserable so as to live according to its standards is a choice I am passing on. Happiness is the option that is preferable to me.

This lifestyle has given me so much happiness. Being true to one's inner essence is the only way to get the joy that is beyond human expression. Words cannot capture that feeling that comes over one at this moment. I see it each time a submissive taps into this. She instantly enters into a state of total nirvana. Someone who was lost suddenly springs to life. There often are tears of joy because the search ended. The phrase I like to use is that "she is now home". This is one of the greatest joys of being a Master. The pride and joy that goes from being a part of a slave's growth is one of the things that make it all worthwhile. Of course, Masters can get the same feeling although I have yet to see them get as overwhelmed with emotion.

I wholeheartedly love this lifestyle. For me, there is no better way to live. Because of all the misconceptions and misguided information, I hope to set the record straight here. There are so many individuals who have an interest in this, yet are scared off by amateurs. Some parts of the lifestyle are revealed, leading one to believe that is all there is. They know they have a submissive side which causes them to seek

further. Additional research uncover the violent images, again, leading them to believe it is a part of every situation. Finally, many come armed without any knowledge, making them susceptible to being taken advantage of. That is where the horror stories occur. My goal here is to provide everyone with enough information so that they can distinguish the real people from the pretenders. I hope the insights gained from reading this publication will enable you to make more informed choices.

So let's start the journey into the wonderful world of Master/slave relationships

Introduction to the Second Edition



So much has changed since I first wrote, *An Owned Life* a few years ago. The response is better than I imagined. Never in my wildest dreams did I picture such a void being filled with a single publication. While I was aware that there was a lot of misinformation being spread, I was oblivious to the fact that there was little truth being delivered.

Over the last few years, I was contacted by a number of different people from all walks of life. It seems that the Master/slave relationship touches a chord with a large segment of the population. I heard from Masters seeking insight as to the best way to dominate their slaves. At the same time, slaves inquired as to what they could do to enhance their experience with their particular Master. What really surprised me was the number of researchers who contacted me seeking insight or suggestions for their projects. It seems those of us in this lifestyle are of interest to the intellectual community.

The last few years taught me firsthand how the Internet is a double-edged sword for our lifestyle. Being schooled in this way of life before the World Wide Web became a regular part of our lives. I initially focused on the benefits of the increased exposure from this wonderful medium. Acknowledging the misleading information was as far as I went on the destruction side. However, my experiences now include seeing some of the ramifications of online M/s.

I witnessed the path of destruction that some are leaving behind. Many use online M/s as a method to

fulfill their fantasies. Unfortunately, to do this requires the preying upon an innocent person. Many enter BDSM sites with the desire to find a true relationship. Sometimes these online “relationships” can progress for years. Ultimately, the truth is uncovered leaving one devastated. What he/she thought was real was nothing more than an illusion. The persona created was, in reality, just characters on a computer screen. This is a subject that I delve into in greater detail in this edition.

Finally, my personal experiences have expanded over the past few years. Every new relationship brings a variety of qualities which were never seen before. It is a new beginning, different from all that went before. There are no two individuals who are exactly the same. This elevates each relationship to a different level. While there are many similarities, there are also many differences. Each interaction with these women allowed me to expand my knowledge base. Life is a never ending tutorial and relationships are our most valuable teachers.

My intention with this edition is to further clarify some of the misinformation that is floating around online. The Master/slave (I include Dom/Sub in here) relationship is a viable and exciting alternative to the traditional lifestyle. I believe many take a gander at this way of life only to be turned off by the sensationalized photos of pain and suffering. At the extreme end, this is a fact for some. Nevertheless, most do not live to such a degree. Instead, we are average people from most walks of life. Our life resembles most others from the outside. We are parents, co-workers, managers, and

baseball coaches. Perhaps we are involved in the PTA, a church, or a local charity. M/s is simply a path we chose to be fulfilled when the traditional model fell short.

There is nothing strange or perverted about the choices we make. We are people who undertook the internal self evaluation to determine that we wanted something different. The way we opted to structure our relationship is in accordance with our findings. Getting honest with ourselves is something that all of us had to do at one time. We learned that our desires were greater than what society was promising. M/s is the avenue we selected to fulfill our wishes and potential.

I am a firm believer that people need to take control of their own lives. My feeling is that society pushes its beliefs on the populous to maintain social order. It takes courage to decide to follow your inner being and do what is right for you personally. To anyone who is willing to take this step, I commend you. Hopefully this publication will help you to find that path that is right. My goal is to offer a clear, concise, and truthful picture of how I live the M/s way of life. This will allow you to make a more informed decision as to what works best in your life.

Regardless of whether you ultimately choose to follow this path or not, I thank you for your trust, confidence, and time.

Preface



There is great debate among people pertaining to the difference between slaves and subs, Master and Doms, and the submission process in general. A variety of people feel that submission must be “absolute” for one to be considered a slave. Others believe that submission can occur in certain areas of life with the slave holding onto the power in the other areas.

A slave is always a sub and a Master is always a Dom. That being said, the reverse is not always true. Not all subs are slaves nor are all Doms Masters. There is a difference. Having a basic understanding will clarify some of the misconceptions that exist out there.

In its simplest terms, a sub is anyone who is submissive. He or she is a person who chooses to give some control of his/her life to another. At the same time, the Dom is the person who assumes that control and is responsible for it. The length of time or level of submission is irrelevant. What is important is that *one person agrees to give the other complete control for a certain period of time over a certain aspect of his or her life.*

As was mentioned, Master and slave fit into these two broader categories (Dom and sub). However, the difference lies in the basic nature of the relationship. In the next section, I introduce the “Absolute Relationship”. This is a relationship where the power basis is complete and total. When one chooses to turn control of his or her life over to another, it is total control. There is no area that is left with that person. The only way for one to have power over any area of his/her life is with the

approval of the Master. The exchange of power is complete.

Master/slave (M/s) is a different relationship than Dom/sub (D/s). I want to make the point clear that one is not better than the other. They are just different. Not everyone is cut out to be a Master or a slave. Quite often, the freedom offered by the D/s relationship is more appealing. Some in this community have a tendency to degrade those who do not choose the absolute way of living. This is absurd. Each is free to choose how he or she structures life. It is not anyone else's business to judge.

M/s and D/s differ by how far submission and, by its' definition, control extend into each person's life. Each has the characteristics of complete control. However, D/s has limitations as to what areas of life are affected. Some aspects of daily living are considered not part of the D/s relationship. Typically, the areas covered are very specific in nature and/or duration. It is common to see the domination cease as soon as the scene ends.

The area that most often is part of the D/s relationship is sex. It is common to see a one submit to another in the bedroom. The Dom has complete control over all sexual activities including when, how, where, and maybe, with whom sex takes place. Yet, they interact on an equal basis in all other areas of their lives. This shows how the scope of the domination is limited to only one part of their life.

Another way submission plays out in the D/s arena is when the interaction is limited only to a “scene”. A scene is a meeting between two people for the sole purpose of one person dominating the other. This interaction may or may not include sex. The get together occurs for a certain period of time. Once the “play” is over, control ceases. Again, we get a limited scope of the domination.

I believe there are times where the terminology that we use is secondary. This is not one of them. Understanding the difference between the two lifestyle choices will allow one to make a concise choice. The terms we use are the way that people wrap their minds around a particular concept. Without specific definitions, some are apt to inter-mingle ideas that are specific for one relationship. This could lead to further misconception.

However, the problem with words is they often fail to capture the essence of an idea. We can describe mental states a lot better than we can emotional states. While concepts can be intellectualized until the end of time, there are certain things which words cannot convey. Nevertheless, these ideas come to light when we experience the feelings. For example, a slave may not be able to articulate what she felt when she submitted to her Master, yet all Slaves can identify with what was felt. This lifestyle is about the feelings that go along with being a Master or Slave. Thus, the terms we use cannot always capture the essence of what is being transmitted.

That being said, there will be some who remain hung up on the “words”. To satisfy the intellectually minded, I will explain the aspects of a D/s relationship throughout this publication. This will highlight the distinction between this and the M/s relationship. Overall, D/s is a more flexible, less restrictive path as compared to M/s,

Submission and domination are wonderful characteristics to design a life around. We all have felt the natural calling within us long before committing to this lifestyle. My suggestion is to focus on the feelings as you read this publication. Certain traits will ring true for you as you progress through this. In the long run, it all comes down to how you feel individually about the choices you are making. Your inner guide will let you know that you are on the proper path when the right situation arises.

**One note: I will use the term “Master” to include anyone in a dominant position in a 24/7 relationship regardless of gender. Obviously, Mistresses are an equally important part of this lifestyle and are not being overlooked. Domination can come from a male or a female, it is not gender specific. However, for simplicity sake I use the term “Master” since the lessons apply regardless of gender or sexual orientation.*

The “Absolute” Master/Slave Relationship



In my mind this is a repetitive statement but one that I make to convey the idea. I am a believer that by definition the Master/slave relationship is absolute. This is where it differs from D/s. There is no grey area. Control is complete and extends to all areas of one's life. That is what makes it "absolute".

There seems to be great debate online as to what constitutes a M/s relationship. Many want to extend the scope or boundaries of M/s. While I will readily acknowledge that people should structure their relationships however they see fit, I find it inappropriate to try to alter the basic definition of something that is so fundamental to this way of life.

There are many ways people try to do this. Some will attempt to use the terms "subs" and "slaves" interchangeably. As we already showed, a slave is a sub but not all subs are slaves. A person with a natural submissiveness is considered to be a sub. He or she has the desire to submit some part of his/her life over to another. However, depending on the desire to retain control, that person might not be a slave.

When we discuss the M/s relationship, we are going to be referring to the "Absolute Master/slave" relationship. For me, this is the only true form of this relationship. At the basic level, the slave's submission must be total and absolute. She desires to retain control over no area of her life except for that which her Master allows. When she submits, she is consenting that she will do whatever he instructs. He can choose to sell her, use her, or lend her out. The Slave has absolutely no

say in what takes place. Naturally, objections are out of the question. The Master has power over every aspect of her life without question. The exchange of power is total.

The Slave gives her mind, body, and soul to her Master. The purpose for her life is literally to satisfy her Master's desires. Anything he decides is her course to follow. He provides her with the wherewithal to serve and obey him. She is looked upon as his property, utilized like anything else he owns.

The M/s relationship is a 24/7 arrangement (24 hours a day, 7 days a week). This is not a part time lifestyle. It is the position that many subs fantasize about finding. Their service is full time and without question. Her Master's pleasure is her sole focus. She has no other responsibilities but that. All of her needs are taken care of by her Master. He is responsible for providing all the essentials for her existence. The pressures that go along with careers, finances, and other areas of life are removed from her.

That is not to say that she is exempt from any of these activities. For example, it is often necessary to have dual incomes. In this situation, with her Master's permission, a slave may retain her employment position to assist in the household expenses. This is a decision that her Master will make. Certain instances will see schooling continued if it is deemed a prudent move. Yet in all, the Master has the power to determine the proper course of action. There is no misinterpretation which person is in control. Submission extends to all areas of

life.

Chapter 1

What Is This Lifestyle All About?



As mentioned in the introduction, there are a lot of misconceptions associated with our lifestyle. The Master/slave idea is a relatively simple one yet people tend to complicate it. Whenever I talk with a new person who did a little research, I am always stunned at the wacky ideas that are out there. It seems that all common sense goes out the window and people are joining something that is totally alien to this planet. Believe it or not, a lot of what is important in traditional lifestyles hold true here also. Unfortunately, lack of information allows some to prey on the gullibility of others.

To begin with, the Master/slave relationship is not the answer to all your problems. Choosing to live this way will not make one immune to the trials and tribulations of life. I once worked with a couple who wanted to interject this relationship into their marriage. He is naturally dominant while she is submissive. In discussing it with them, I uncovered the root of their problem. It turns out that his job required a lot of hours from him. She was a stay at home wife who adored her husband. However, when he arrived home, he was completely drained from working 15 hour days. His routine was to plan his work for the next day, eat, and go to sleep. This left her feeling neglected. Her belief was that establishing this relationship would enable her to garner his attention. It would not.

This couple had a problem that was uncorrectable by a change in lifestyle. Their issue was a marital one; one that is shared by many couples in all walks of life. Instead of talking with me, they needed a marriage

counselor. Our way of life could be a wonderful choice for these people yet it will not alter the underlying issues of their relationship. That is something that requires basic interpersonal skills to resolve. The Master/slave relationship is just one aspect of their lives. Work, children, family, and an assortment of other issues needed to be dealt with on a daily basis. The majority of us are still a part of society in that regard.

Different Forms

How many people have asked someone else for a script on how to be successful in a marriage? Have you notice that nobody asks how a marriage is suppose to look? Why not? Obviously because we all were exposed to married people long before we got married ourselves and we understood that each marriage was different. Something that works for one couple might not work for the next. Each relationship takes on it own form based upon the people involved. You could say that there are as many different forms of marriage as there are marriages. No two are exactly alike. This is common knowledge among most people.

Nevertheless, this is one area where common sense seems to go out the window. In this lifestyle, I am constantly asked what does the Master/slave relationship look like? How are they set up? What rules are there? For whatever reason, people expect me to give a canned response to these questions. It is as if they expect me to produce a model to follow. This is not realistic. Each M/s relationship takes on its own form.

To begin with, people enter the lifestyle with different experiences. Next, one must account for the individual's likes/dislikes. Of course, personalities come into play. Expectations will alter the reality that a couple experience. This list can go on indefinitely. When you mix all this together, you get an individual path that two people pave together. It is up to the individual parties to form the type of relationship that they want.

I am a multiple slave owner. Since I realized long ago that the single woman lifestyle was not for me, I have held true to that knowledge. Marriage never seemed to make sense to me in the traditional sense. That is why I choose to own multiple slaves. It is something that I am open about from the onset with all that I get involved with. Again, this is my story and not reflective of everyone in the lifestyle. In fact, this seems to be the uncommon way to go about things. Most Master/slave relationships are within the confines of a marriage or at least a committed relationship. That level of one-on-one intimacy is something that they are building upon. For those just entering this lifestyle, understand that you are free to create your life however you desire. Just remember that each choice bears responsibility. Owning multiple slaves is wonderful. However, you better be willing to dedicate the time and effort into each of those relationships. It is unfair to overlook anyone who submits to you.

When thinking about this section, I considered the slaves that I own(ed). Each of those interactions is different. There is a difference in the make up of those relationships based upon the different abilities of each

one. Some of my slaves love pain (I endearingly refer to slaves of this type as “pain sluts”). These are the ones who allow me to engage in my BDSM fetish. There are others who do not take to that part of the lifestyle. These women serve me in a different capacity. I even have one who assists in my writing. Combined, they meet all my needs without any one being “forced” into something which is not natural for her. Each one of my slaves has unique abilities which I utilize for the most beneficial purposes.

Each slave is on an equal footing; I do not view one more important than the other. Obviously, based upon those dynamics, I have more interaction with some on a regular basis. Yet all received equal training for the roles they are fulfilling. When I am with that particular sub, she receives all my attention to the degree that we established. Part of my responsibility is to push her limits to help her grow. My main focus is to take a slave's existing abilities and help her expand what she is capable of doing. This includes not only skills, but other areas such as emotional and mental mastery. A slave's value grows as her capabilities are increased.

Do not be put off if you are one who desires to implement the M/s arrangement into an existing relationship. As I noted, being a multiple slave owner puts me in the minority. I found the most common situation is where there are Master/slave qualities within the confines of a committed relationship. Most people within this lifestyle have the deep emotional connection for the other person. Together, they made some type of commitment outside the bounds of M/s. Typically, these

people fall in love, make the commitment, and then determine the qualities which exist within each naturally. The Master/slave part of their relationship is one of the last things that take place.

To summarize, there are many different versions of this arrangement. I can offer an outline of some of the things that I witnessed over the years. However, ultimately, like any other relationship, it comes down to the decisions that the two individuals involved make.

Sex Based M/s (D/s)

Many choose to base their M/s relationship solely around sex. As mentioned before, in my mind this qualifies as D/s relationship as opposed to M/s. Notice how here the submission is limited in scope. Unlike M/s, the control ceases when the sexual activities are completed. In a true M/s relationship, the domination over the slave continues even after orgasm.

Nina Hartley, the porn star, is the most famous person I can think of who lives in a D/s relationship. In reading her blog, I learned that she is completely submissive to her husband sexually. She is to be naked at home at all times with only a collar on. He determines all that occurs sexually. It is her place to agree to whatever he wants. Nothing is off limits to him sexually. She is his slave in the bedroom.

And that is where it stops. Once the sex is completed, they are totally equal within all other areas of

their marriage. All decisions pertaining to financial, business, or personal matters are discussed with equal input from each. They reach consensus on these matters. His viewpoint is no more important than hers. In this regard, they interact like most other married couples. They are equal partners in the relationship.

This is how they chose to structure their relationship. It is not more or less acceptable than any other way that people choose to structure their relationships. D/s is the more common of the lifestyle choices with sex being the center focus. That is a wonderful way to live.

Another point here is that it matters little what others think. How two people choose to structure their relationship is totally at their discretion. The opinions of others have no bearing whatsoever. Too many worry whether they are doing it right or wrong. As long as both people are happy with the level of submission and the dynamics of the relationship, that is all that matters. This lifestyle is about freedom yet some seem to be concerned about the opinions of others. To truly be free, one must overcome the need to appease those around us. People who really enter into this lifestyle have garnered the courage to live a life that strays from the norm. This is a difficult task in certain circumstances but another example of where the payoff is so great.

Control/Power

The M/s lifestyle centers around one thing:

control (or power). This is no different from other relationships since all interactions have control at their core. Take any relationship and there is a breakdown of control somewhere in it. Some relationships have the power split evenly among the two parties. Others have the power leaning more to one party over the other. We see this in romantic, business, and friendship interactions.

As you are now aware, M/s is structured so that the power breakdown is complete. It leans completely to one side with all power in the hands of one person. However, while seeming strange at first, it is seen that there are everyday relationships where the power breakdown is similar. Take the employer-employee circumstance. Who has the control there? Typically it is with the employer. That individual has the ability to terminate one's employment thus affecting his/her financial picture. In this example, the person in the subordinate position (employee) is in effect a slave since all power resides with another. The power is based upon a position that is granted by authority. Nevertheless, the power structure of M/s can resemble the employer-employee relationship.

There are other relationships where people gain control through their personality. Certain people, just by their persona, demand attention. Others often cede to these personality types. This is fairly common in friendships. Study two close friends and you will often see how one asserts his/her will into the relationship more often. One is the leader, the other the follower. Each takes on roles which models their inner

characteristics. Someone who is naturally submissive will cede control to another. It is natural. And if the other is naturally dominant, he or she will accept it. This example shows how personality traits can affect the breakdown of power.

In most relationships, the power shifts back and forth between the two parties. Few relationships involve people who are totally dominant or submissive. Most tend to be in the middle. Therefore, relationships tend to be more of a “give and take” affair. Sometimes one is in control while the other will assert his/her presence in other situations. While a 50/50 breakdown is not realistic, most relationships will be 55/45 or 60/40. One has a bit more dominance but not complete control.

The power breakdown varies from relationship to relationship. Yet, the Master/slave relationship differs in that the power/control is in the hands of the Master. It does not fluctuate back and forth. Once the slave submits, all power resides with the Master. Also, it is an absolute control that is non-negotiable. It is based upon the authority that comes with the position of Master and the power of the individual.

What Is The Payoff?

This is a question which will be further explored in the chapters on Masters and slaves. However, the M/s relationship is a mutually beneficial situation. That takes a lot of people by surprise. From the outside, it looks like all the benefit is derived by the Master. This is not

the case. Every slave that I ever talked to gained something out of the relationship with his/her Master. The difference is the pleasure enjoyed by each differs greatly. Following a natural desire, each gains a payoff from the relationship which others might not be able to understand.

In interviewing a number of slaves, their pleasure is created on a couple of different levels. The first is in the area of service. This is something that our society tends to degrade. We live in the 'me generation' and the idea of committing to serve another is almost scandalous. However, slaves get tremendous pleasure from serving their masters. That is one of the payoffs they enjoy. Another area that slaves gain is in the freedom they enjoy. This also seems outrageous to the outside person. Yet a slave who fully surrenders his/her total life is free from all the responsibilities that go along with it. The fear and worry that was previously present is immediately eradicated when one surrenders. Every slave that I ever dealt with has pointed to this as one of the immediate benefits of her surrender. It literally was the first recognized change.

Masters, on the other hand, garner their pleasure from having their needs met. This is the most basic form of satisfaction and the one that most pretenders are attracted to. However, the reward that a true Master receives goes much deeper than that. There is the joy at seeing a slave progress. It is so satisfying to see one's self confidence rise. He also enjoys the responsibility that goes along with owning another. Contrary to popular belief, being a good Master requires

a lot. It is not something that most can just walk into and be successful. The burden that comes with assuming total control of another's life is great. It seems that this is something that only the most experienced people have a chance of getting right. Yet when it takes place, there is nothing more glorious in the world than a successful owning of another.

Chapter 2

Common Misconceptions and Other Tidbits



Beatings

In my travels around the Internet, I realized that beatings are the image most identified with this way of life. For whatever reason, pictures like to sensationalize the extreme aspect of M/s. Unfortunately, this is not reality. Most of the relationships I am in (or was in) never involved a great deal of pain. Beatings are a part of the lifestyle but not a major part of it. Most operate their daily lives without the use of a switch, paddle, or riding crop.

That being said, I will acknowledge that beatings are a part of this way of life. To begin with, there is a subset of the culture who likes pain. These are people who have the ability to enter a mindset called “subspace” which is an endorphin kick as the result of the sensations received from a high degree of pain. Therefore, pain is a reward and not a punishment.

Moving beyond the pain sluts, there is a place for pain in the lifestyle and that is for altering behavior. Discipline is something that is a responsibility of a Master. A slave is to serve the Master according to his (or her) wishes. Sometimes, a slave chooses not to follow the instructions. Like a child, a punishment is warranted in this situation. For some, a whipping is an effective method to model his or her behavior. This is where pain has its place.

Pain is something that should be discussed at the beginning of the relationship. Experienced slaves will

know their threshold and what they are able to handle. New ones often will not. This is something that both people have to tread upon to find an acceptable level. Again, there is no “one size fits all” model to follow. It is up to the individuals involved. Just because one chooses a M/s relationship, that does not mean that beating and pain will be a part of it.

To further illustrate this point, let me share some personal experience on this subject. In my time in the lifestyle, I had slaves from both ends of the spectrum. There was one who was a complete pain slut. She was not happy unless I made her cry. This woman had an incredible threshold for pain. It mattered little what I did, she wanted more. We often took it to the level where blood was involved. This only stimulated her more. She absolutely loved the sight of her body marked up from the beatings. The pain that she felt the next day was a heavenly reminder of the experience she had. Her “high” came from enduring an extreme amount of physical pain. So I treated her individually in this way.

At the opposite end of the spectrum was a woman who couldn't take much more than a spanking. In this regard she had a rather weak constitution. She did not derive the same pleasure that the other did. If I had exposed her to the same treatment, I would have broken her. This could have caused her to leave the lifestyle. What a travesty that would have been since she is one of the best slaves I ever met. Aside from the pain, she is willing to do anything. Her submission is total covering every area of her life. She has no desire to run any aspect of it. The only desire she had was to serve me.

Of course, these two women are examples of the extreme. Most people fall in between these two. I want to emphasize that a Master's responsibility is to find the limits of his/her slaves and try to push past them. Sometimes a slave will be able to go further. However, often I found that the initial limit is all this person can take. An experienced Master will respect that boundary for the sake of the slave.

Safe Words

Safe words are an absolute must in every D/s situation. The basic nature of many D/s relationships is short-term and focused on sex. Often, the parties are unfamiliar with each other meaning that damage can be caused if not careful. Safe words help to protect a sub/slave from inadvertent harm.

As mentioned, every person is different. Many have no idea the amount of pain he or she can endure. Often a scene is as much a learning experience for a sub as it is for the Dom. Finding the acceptable level of pain for that particular person is one of the main challenges for every Dom/Master. For this reason, approaching a scene with caution is the best policy to have. Safety is always the primary concern.

A safe word is simply a word that acts as a signal to a Dom/Master to "STOP". It is common for both parties to get caught up in the atmosphere of the scene. This is compounded the more extreme that people like

it. For example, when I am involved in a scene with a sub, the word “no” means nothing to me. It is a bigger turn-on to push a woman further. Of course, I am not into hurting another, thus the implementation of a safe word. As soon as she utters that word, all action ceases. For that reason, it is best to use a word that is not in the mainstream vernacular. Nevertheless, a safe word with all D/s scenes is vital.

When I am with someone who submitted to me, I do not use a safe word. A safe word is what allows protection to someone I do not know. When I am involved with a slave, I know it is my position to learn her limits. I do this through a slow approach pushing further along with each session. Repeated interaction offers that advantage. Over time, I will determine exactly where her hard limits reside. This is how a responsible Master approaches the interactions with those who are in his (her) trust.

The process often goes something like this. At the beginning, we proceed very slowly to see the reaction to certain things. As we move further along, I watch for changes in body language, breathing, facial expressions, etc... All provide an indication of what she is experiencing. Often times I will notice her touch me in a way that is different from the norm. Anytime there is an indication that is something from the norm, I cease what we are doing and ask if she is okay. There is the chance that a building of orgasm or a path into subspace is interrupted. However, I would rather do that as opposed to psychologically hurting someone because I pushed her too far. I can always go back and re-create

the scene to get her back to that point.

Again, I cannot emphasize enough the importance of safety in all that we do.

Fear

Along with sensationalizing the brutality of the M/s world, the Internet likes to promote the fear aspect too. I guess this is presumable when you have images of massive pain shown as examples of this way of life. In these instances, fear is a natural response. With the exception of the pain sluts, how many people truly want to be brutalized? I would surmise very few. Couple that with the multitude of people who suffered physical, sexual, emotional, or mental abuse growing up, and you are left with a group of people who dread returning to a place which they left behind. Thus, fear is the presumed method of control.

I take exception to this belief. A properly trained slave does not fear her master. To start, fear is an awful way to control. It can control for a short time but, in most instances, will fail to have any lasting impact. In addition, if fear does work to control another, the relationship will be less than spectacular with this at its core. To truly enjoy the maximum pleasure out of the M/s relationship, there needs to be a motive greater than fear driving it. The submission that one receives is enhanced when it comes from a point much deeper. My experience tells me that slaves know fear well. It is something they dealt with most of their life. Adding to it

will only diminish the effectiveness of their servitude.

Another drawback to fear is that it seems to work only in the physical presence of a slave. When she is not there, the effectiveness of fear is diminished. Over the last 3+ years, I had a number of relationships that started online. In each of these, submission occurred before we even met in person. Obviously, fear was not at the core of our interaction. The only reason why these women submitted is because I was able to gain their trust while stimulating them psychologically. Getting into the psyche of a slave is really what allows for maximum control. A woman who has experienced a lot of fear in her life will not be attracted to something else that scares her. This is a concept that seems to elude many newer people.

Here is an example of how little fear plays in my relationships with my slaves. In all the years I was involved in this lifestyle, I never struck a slave in anger (wanted to but didn't). The only fear that my slaves have is fear of the consequences for disobedience. They do not fear me but rather the punishment for their actions. Discipline is a part of the training process for a slave. Throughout the process, I remain calm which reassures them. However, this does not lessen the impact of the punishment. Rarely is physical punishment required. Again, I find the psychological control to be more effective. A slave needs to fear the reprisals for her transgressions, not the person administering the punishments.

The most sensible comparison I can make is to

the relationship between parent and child. In fact, there is many times where I believe that I am dealing with a bunch of children when interacting with slaves. Nevertheless, in a healthy parent/child relationship, fear plays little in the interaction between the two. Many will say that a bit of fear is a healthy thing. I am not a child psychologist so I will not enter that debate. The bottom line is that in a healthy relationship, a child will fear the power that the parents wield over him or her. They have the capability to take television away, ground him or her, or send the child to his/her room. The fear of the consequences is the deterrent, not the fear of the parent. Thus, fear of a parent is not a healthy way to grow up.

I hope you can see how this same mindset applies to an M/s relationship. The power is in the hands of the Master. However, it is only there because a slave chooses to submit. The way to control is not through the use of fear. This ultimately ends up in abuse.

Amateurs

Common sense is a lost art. It seems to be dead and buried. At least this is the impression I get when it comes to the M/s lifestyle. I am always astonished how seemingly intelligent people fall prey to some of the most absurd ideas. It is as if any of the skills or knowledge gained through their life is instantly erased. This tendency is compounded when I witness the

insanity that can occur in the online world.

The Internet allows for great anonymity. With a little bit of knowledge gained from reading a few websites, anyone can create any persona they want. I presume this ritual is repeated hundreds of thousands of times a day in chat rooms all over the world. Simply stop by any M/s chat room and you will soon find the majority of the people are completely phony. Most of the Masters never “owned” anyone in real time. The greatest percentage of experience is online which means virtually nothing. Human relationships occur in person, not in the virtual world. Something devoid of human contact, and all that goes along with it, cannot be considered a relationship in my opinion. Yet, I am always amazed how so many can be swindled by what is seems obvious.

Someone who is truly experienced in the lifestyle will train a slave to be of maximum benefit. To witness the progression is like watching a sculptor at work. The slave is led down a trail which leads to submitting fully. What is magical is that he or she is not even aware that it is taking place. The subtlety is what makes it so wonderful. Suddenly, a person who was full of fear becomes one who is comfortable and confident. He or she tapped into the power of a Master which transformed his or her life. Reflecting what was mentioned in the last section, notice how fear is not the primary motivator.

As spectacular as this is to witness, it is equally distressing when witnessing an amateur at work. The

online world allows these people to flourish. Sadly, some of them are quite good. They are able to pull off the con with sensational results. Of course, there are others who are just plain foolish in their attempts. Perhaps it is because of my experience but I am shocked that submissive types would interact with these people in any capacity. But, alas, common sense goes out the window.

Probably the most asinine thing I have seen is a posting stating something to the effect, “slave wanted in ABCville”. To start, does this person think that someone is going to just throw him or herself at his feet and surrender based upon that statement? Evidently, this must be the case. They never even ponder what the process of submission entails. In fact, they are clueless what the lifestyle means. Instead, they believe that being a Master is a license to extreme sexual play. They view a slave as a real live sex toy. Never once do they consider the responsibility that goes along with being a Master and having someone else’s life in their hands. I presume they feel that someone should just come running to them because they stated they were a Master and available.

Fortunately, aside from being ridiculous, these ones really do not cause much trouble. There might be a few who fall for this tactic but most with an I.Q. above 13.5 will realize what a fake this person is. Anyone who is real will know that it takes time to get to know someone. We are in the business of building relationships. That is why it is called the M/s relationship. A quick response to someone who is

available without knowledge of them is a recipe for disaster. The number succumbing to this technique is minimal.

The ones who cause the most havoc are the ones who can get someone to believe and trust in them. Often, these are the ones who believe this lifestyle is all about brute force. Pain and fear are the main weapons used to control a slave. Physical intimidation is all they know how to do. There is no concern for the growth of the slave. The slave's desire to serve is not stroked in a manner that makes her crave more. Everything is geared towards the putting down of the slave. This is completely amateurish. Anyone who does this is truly showing how little he/she understands the lifestyle.

My experience leads me to believe there are very few Doms/Masters who have any idea how to handle a slave. While it looks easy on the surface, it is actually filled with a lot of responsibility. Most who I encounter do not take this into account. Their idea of this lifestyle is perhaps some bondage followed by ordering someone around. The concept of having a personal servant is what intrigues them. Pushing her around is not the same as leading to the point of submission. Any idiot can use brute force. However, only a certain few have the ability to lead a person to the point where she wants to stay submitted. Those who have that ability create an exotic life for those under his control.

I have one final thought about amateurs. My opinion, based upon a number of years online in different chat rooms, is that the majority of people in

there are playing games. They are simply fakes. This might scare a lot of people who are looking at this lifestyle. However, I do this to serve as a warning. The gullibility that people enter the online world with necessitates taking a harden stance. Websites promoting this lifestyle are often filled with people pretending to be something they are not. The numbers are against one as he or she enters into this world.

What is really disheartening (along with baffling) is to see the heartache caused. Again, I am going to be blunt. Without human contact, anybody online is nothing more than a bunch of characters on a screen. They are not real. Yet, I hear of people who fall in love with this person. Perhaps it is time to wake up and smell the horse manure.

Online is a wonderful method to meet people from all over the world. It widens the reach that one has from a local community to any place with an Internet connection. Nevertheless, online interaction needs to move into the human realm. Without phone conversations, face-to-face meetings, and physical contact, there is no relationship. One is simply engaging in a delusion.

It is devastating to me to hear some of the wreckage the game players create. They are truly amateurs in their intentions, but professionals in their con. They are able to take people who are gullible and lure them in. I think anyone who falls for this is foolish. Again, use a little common sense. Just because someone is a Master does not mean they have a license

to be an asshole. Common decency can be expected by a sub/slave.

In the last few weeks alone, I heard of a numbers of online “M/s relationships” go awry. One girl, who was with her Master for 5 years, living only a couple hundred miles from him, learned that he had a wife for the past 38 years who did not know about his entry into the lifestyle. She would meet him on occasion for a visit and then leave. I guess it never occurred to her to inquire more about his life. If this was a traditional relationship, would she have tolerated this behavior from a fiancé?

Another good example is one who fell in love with “Master” and believing they were going to be building a life together. Their interaction was basically through chat room and instant messenger. He never provided her with a phone number and told her it was her place to wait for him to contact her. That being said, it should come as no surprise that she had no idea where he lived. Once again, common sense went out the window.

What makes this example even better is this slave was faced with losing the place she was living. She was given less than a week to move out. The talk over the last few months was for them to eventually move in together. This would be an ideal opportunity. Can you guess what happened? He vanished in her most dire time of need. The one she was counting on and loved abandoned her. Of course, she justified her feelings and denied that he is a cheat, liar, fake, and overall son-of-a-bitch. Nevertheless, he is a maestro since he played her like a fiddle. He did it so well that she still believed

the lie after his actions exposed him to be a fraud.

I again ask “if this was the traditional world, would anyone get engaged to someone if they did not provide a phone number, address, or a place to contact him or her”. My belief is that most would not. These people are transparent in their fraud to anyone who uses a bit of commonsense. Nevertheless, that goes out the window when we are dealing with M/s. All interpersonal skills learned throughout the years are abandoned for a belief in the fantasy. And the amateurs are the ones who take full advantage of this. Online gives them the anonymity to excel. Be careful the next time you are chatting with someone who interests you. There is a good chance he or she is playing some online game while the spouse is asleep upstairs.

Chapter 3

Slavery/Servitude



The term “slavery” (“slave”) has a negative connotation associated with it. The experience of many groups throughout history has shown the horrors of this form of servitude. But is this the only side of the equation? If slavery is so horrific, why do many derive pleasure from submitting themselves to others? There are literally hundreds of thousands, if not millions, worldwide who voluntarily enter into this. Obviously there must be something more to this entire institution than we are taught.

When the majority of people today hear the term “slave”, the first image that comes to their mind is the plight of the Africans in the 18th and 19th centuries. These people were taken from their homes and forced into slavery. They were bought/sold like commodities completely against their will. Their lives were filled with violence and degradation. They were treated worse than animals. In many instances, beatings resulted in death.

Naturally, this is a nasty mark in human history. Sadly, it is not the only one. Slavery existed throughout most of history, including today. There are people in the world who are forced into a life of miserable servitude. This is something that is indefensible. We should not tolerate it. The horrors that are (were) endured by these people leaves an imprint on the mind of most anyone who studies history. It is these images that leave people with the idea that slavery is a terrible thing.

Today, there are laws in most countries against slavery. The forcing of someone into bondage and

servitude is illegal. We do not have the right to exert power over an individual in this manner. Thankfully, forced slavery cannot be engaged in. Yet this brings us back to the original question: what is it that causes so many to be attracted to it while deriving tremendous pleasure from it?

Voluntary Slavery

Many people are involved in Master-slave relationships. They are fairly common within the BDSM community. Yet, if slavery is illegal, how can this be? The vital difference is in the *consent*. The bondage endured by the Africans over a century ago was done against their will. It was a repeat of the situation in Egypt when the pyramids were built. Historically, slavery lacked the voluntary aspect.

Today, people get involved in this way of life on a voluntary basis. Those who participate give their consent before becoming “owned”. The act of submitting is a consensual one; it is not forced. Our motto is safe, sane, and *consensual*.

This is an important factor to grasp. It is for this reason that fear and intimidation are lousy ways to dominate. At the core of every M/s (or D/s) relationship is consent. Without a slave’s approval, the relationship does not occur. There are many who seem to believe the exact opposite. That is simply repeating history’s idea of slavery. Slavery is a form of servitude. We are not seeking captors. There is a big difference.

Volunteering means that one is there because he or she chose that path.

History has seen many different types of servitude. There was the forced slavery just discussed. Many early settlers raised their passage to the United States by becoming indentured servants. This was an agreement whereby a wealthy landowner paid the fare in return of an agreed upon period of service. The Roman times saw a form of voluntary slavery where people volunteered to serve another while being allowed to leave under certain conditions. And finally there are cultures where servitude is something people are born into based upon a caste system. In essence, they come from a long line of servants.

The slavery that is referred to in the BDSM community is one that resembles that of the Roman system. This is consensual with the slave making the decision to get involved in the lifestyle. That is the first step. After that, it is also up to the slave to choose who she is going to submit to. She cannot be forced into it by someone she does not care for. A master cannot assume control of a slave's life without her consent.

Servitude

Before going any further, this is a point that is worthy of covering. Servitude, or service, in our Western culture is giving a bad rap. Our society certainly does not promote this as a chosen ideal. We are taught that control is desired. One wants to own

things. The power base is expanded the more one acquires. The elite and powerful are the ones glorified by the media, Hollywood, and people in general. Everyone wants to be like them. This is something that is drilled into our heads.

At the same time, we look down upon people who serve others. Oftentimes, these people are treated as sub human. Go into any fast food place to witness how the majority of the employees are treated. People are of the mindset that just because someone is in a service position, they are open to abuse. In my opinion, this just shows the ignorance of many people. There is no shame in service. Many cultures and philosophies actually promote it as something desirable. There is no greater deed than the selfless act of serving another. Yet this simple tenet is missed by most of the Western cultures. We are taught that it is the “me” era.

The servitude that a Slave enters into is something that should be highly regarded. We will discuss this in further detail in the chapter on submission. However, understand that someone who desires to be a Slave is one who is worthy of esteem. Wanting to be in service to another human being is something that goes back centuries. It certainly is not something to be viewed as a sign of weakness.

Chapter 4

The M/s Relationship



So what does a Master-Slave relationship look like? Well, there are many forms as individualistic as the people involved. However, there are a few parameters common in this type of situation.

-As mentioned, the slave voluntary chooses to live her life in service of her Master. She selects the person she will serve, not the other way around.

-Once submitted, the Master is the one who makes all decisions. There is no discussion or negotiation. All power lies exclusively with the Master with the slave taking on the position of obedience.

-The Master has full responsibility for his slave(s). He is the one who provides for her well-being. Her safety is solely in his hands and he willingly accepts that burden.

-In these circumstances, it is openly acknowledge that the slave is viewed as “human property”. This is at the core of the relationship. The dynamic is such where there is a clear line of power which is established at the time of submission.

-The Master is in control of the slave’s total life. There is no aspect which she does not offer him. As mentioned, this is in those relationships where it is agreed that the full life is involved. How much control is exerted is solely in the hands of the Master. The slave is owned in entirety.

In general, this lifestyle is about submission,

control, and domination. The relationships may mirror other traditional relationships out there. However, they differ in where all the power lies. This is one where the power division is absolute. It is not a 50/50 or even an 80/20. It is completely in the hands of the Master. Naturally, the pleasure received by both parties is immense.

It Is A Relationship

People seem to think that the Master/slave relationship has some magical qualities which will make everything work out smoothly. This is not the case. It takes work to make an M/s relationship last. Most fail miserably in the early stages. The chances of this are drastically increased when new people are involved. Many enter into these arrangements without realizing the full impact of their decisions. There is a non-nonchalant attitude towards the lifestyle with the feeling that one is testing the waters. For many, this is the real deal and people who have this laid back belief quickly find themselves in over their heads.

The Master/slave relationship has the proverbial ups and downs. Some get along in grand fashion in the beginning only to see the “honeymoon” fade rapidly. Effort needs to be invested by both parties to see that the relationship grows. You are no better at interacting with someone just because she is in your servitude. If you cannot get along with people in any area of your life, this situation will be exactly the same. Basic interpersonal skills are necessary for the relationship’s

success.

Relationships of this type do fail, often. It amazes me that people are shocked by this statement. Marriage is the most common lifestyle commitment that people in society make. Yet, presently the divorce rate in the United States is somewhere around 60%. More than half the relationships fail and this is a commitment made “until death do us part”. When 6 out of 10 relationships fail in the most known traditional model, why does one think that our success rate can be any better? There is a lot of information published on how to make a marriage successful and they still fail daily basis. There is far less information produced about how to succeed in this lifestyle. Knowing this makes one understand how the failure rate here will be even, if not worse, than that in the traditional arena.

It Takes Work

As mentioned, these situations take work to succeed. If you want to have your Master/slave relationship survive long-term, you will need to dedicate the effort into it. I am a believer common courtesy goes a long way. Simple things such as “please” and “thank you” do not cease to exist just because a woman is in my servitude. Instructions can be given either in a positive manner or in a condescending way. Both have opposite effects long term. Courtesy shows a slave that you have respect for her while valuing her. Any type of relationship is seriously hindered when one feels taken for granted.

A slave likes to be reaffirmed in the relationship. Continual training shows him or her how important the growth is to you. Relationships prosper in proportion to the growth of the individuals involved. They get real stagnant when both people cease to expand. Repeatedly showing your interest will appease your slave's fear that you no longer value him or her. A slave feels really lost when a Master ceases to give the proper attention. Human nature then takes over and he or she begins to try to fill the void elsewhere. When this occurs, the burden of responsibility is on the Master for failing to give the necessary attention to the relationship.

A slave often lacks structure. This is especially true if they are new to the lifestyle. An effective Master will provide clear structure to the relationship. It is imperative that a slave know his or her role. Equally as important is having a concise idea of how she will be trained. Investing in the growth of a slave yields an incalculable rate of return. Showing a slave how her contributions are increasing the quality of her Master's life helps her to feel like she is progressing. Most people do not like to remain at the same point in life. Even mundane tasks can be structured to show how they impact the overall picture.

Structure also provides a consistency that slaves come to rely on. Every M/s relationship I have witnessed that lacked consistency ended up failing. My belief is that the background of slaves often involves many relationships that lack this consistency. It may have occurred during their upbringing, coming from

broken homes. Many times slaves were married to inconsistent spouses who have emotional or dependency problems. Abuse, both physical and psychological, is common. Of course, these statements are not relevant only to slaves, but society in general. However, they require focus if one is to make a Master/slave relationship successful. A slave craves the consistency that comes from not being in charge. However, this can only come from the one who is. An inconsistent Master will doom the relationship.

Human nature dictates that people like recognition. A slave is no exception to this trait. While they are submissive, they do require the approval of their Masters. Here it is important the Master celebrate her successes. A slave will often put considerable effort into pleasing her Master. By acknowledging her success, you are again showing that you recognize her effort and are not taking her for granted. Everyone likes to feel they are contributing. We all want to make a large impact. Hold the efforts of your slave dear while valuing her input. Even the slightest recognition will go a long way to both your happiness.

People seem to think that the Master/slave relationship is one-way. This is a common outlook among those who are involved in the lifestyle. The basic premise is that a slave is responsible for pleasing her Master. This is true; a slave's entire essence is to serve. However, there is one philosophy that I learned. It says "a happy slave makes for a happier Master". I would prefer my slaves to happily serve me rather than begrudgingly obey me. Certainly, there are times where

a slave needs to follow my commands even though she is not happy about it. Nonetheless, taking steps to ensure a slave's overall happiness increases the likelihood of her serving exceptionally. In my opinion, a miserable slave has minimal value to me.

I see this scenario play out in those “life areas” which seem to always arise in these types of relationships. Just because we choose to live as Master/slave does not exempt us from all that is involved in life. Often, the peripheral issues are the ones which cause the most trouble. When a slave submits to her Master, she is giving him control over her entire life. Again, this is a true statement. Another truth is that he could order a slave to cut off contact with her family. I believe this is completely within his rights as her Master in an absolute relationship. Yet, how practical is this to the long-term success of your relationship? How do you think that will affect her attitude each day? My opinion is this also causes her to lose value. The emotional displeasure that she will have on a daily basis eventually will take a toll on the relationship. Everyone is subject to being resentful. Overtime, this will fester until it explodes. When it does, the relationship is done.

Chapter 5

Common Causes of Failure



We just pointed to some actions that will increase the success rate of a Master/slave relationship. Just as there are commonalities for success, there are also traits which lead to failure. Avoiding these pitfalls will enhance the likelihood of a happy situation. As always, once a slave submits to her Master, it is his responsibility to have her going in the right direction. While the slave plays a part in the eventual outcome, the Master is the one who steers the relationship. Failure on his part will create the obvious outcome. He is well served to be wary of these aspects creeping into his relationship.

Mismatch between Master and slave:

A slave is the one who offers her submission to her Master. It is up to the Master to accept it or not. This type of relationship does nothing to overcome incompatibility. Like all relationships, people need common ground for it to work. There are people who have no business interacting with each other on any level. Personalities definitely play a large part in the overall happiness of the relationship. Again, even though there is the servitude component, long-term this will not compensate for people who lack that common interest. The end result will be a drifting apart from each other.

This is one of the reasons why it is important to get to know each other before entering into a 24/7 relationship. The tendency to move quickly will affect the overall success. It is important to discuss likes and dislikes, long-term goals, skills, and desires. A slave

who has the desire to be married and gets with Master who does not wish the same will end up miserable. Of course, the reverse is true. These are major stumbling blocks to the long-term health of the relationship.

Treat the M/s relationship the same as you would any other. Ask yourself why you are hanging around that person? Get past the sexual aspect since that encompasses only a small part of the interaction. Before accepting one's submission (or even offering it), consider what you like about this person. If you were not in this lifestyle, is this someone you would associate with? If the answer is to the negative, move on. This is a guarantee for failure. People who have fun together can design a dynamic which works for the two of them. So find someone who you want to pal around with.

Slave Hopping:

Each slave needs to be valued for her own traits. I am one who interacts with numerous slaves simultaneously. However, I learned the hard way what happens what trying to please too many. There are only a set number of hours that one can dedicate to each slave. Keeping them all happy is a difficult task.

Naturally, equal time is usually not achievable. However, totally ignoring one under your ownership in favor of another has catastrophic results. The one slighted feels the pain of being ignored which tends to create self worth issues. As mentioned, this will diminish the value of a slave to you. The same can occur when comparing slaves against each other. Each has her

individual qualities and skills which need to be valued. One is not better than the other. They simply are at different points in their progression.

How does one own multiple slaves without alienating any of them? I found the secret is for them interact with each other. The natural tendency seems to be to pay more attention to a slave who is new. This seems to give the older slave(s) the “other woman” complex. A way around this is to include the older slaves in the training. Do not underestimate the value that slaves can have to each other. They speak a common language which eludes Masters. Fears, insecurities, questions, and first-hand experiences are all shared. I found this is where the “sisterhood” mindset develops. Instead of resenting the new slave, she is taken under the other's care. They help protect her from harm. It really helps the transition into the lifestyle.

Learn to value each of your slaves to avoid the perception of slave hopping. Also, limit the number that you own. Even if you can get every girl to submit to you, be realistic. The only way to reasonably own a multitude of slaves is to have some with experience to assist with the newcomers. Time is a factor that affects even the most experienced Masters. In this manner, less is more.

Failure To Provide Leadership:

There will come a time when every Master falls into this trap. It is unrealistic to expect a Master to be accurate in all situations. Masters are privy to the same conditions that all humans suffer. We are irritable, tired, and, often, stressed. In short, there are occasions where we are “off”. These are the times where a Master is apt to fail in the leadership department. In a healthy environment, this will be a temporary situation which will clear up quickly.

That being said, a slave cannot be expected to train him or herself. A slave is going to defer to their Masters. This is what the submission process is all about. It is the responsibility of the Master to offer the guidance that is sorely needed. Without it, a slave will be rather unfulfilled in the relationship.

Leadership is something everyone needs. This is not exclusive to this relationship. However, when there is a total exchange of power like is done here, it is necessary for the Master to guide the situation. A large part is the ability to make decisions. Leaders accept the responsibility for their decisions even when it means standing alone. A Master needs to do this. There are times when a slave will fail to understand the reasoning behind a choice. However, a Master is always thinking of what is best for the progress of his slave. Absent that leadership is chaos.

Distrust:

Communication is the key between a Master and slave. In an effective relationship, a slave will not always agree with the choices of her Master yet she will respect them. She will also go along with them because she trusts her Master with her life. Breaking this trust will sabotage the relationship quicker than any other single element.

How does distrust enter into the situation? Dishonesty is one of the easiest ways for this to occur. It always amazes me when I see a Master lie to his slave. The basic structure of the relationship is the slave will go along with what the Master says. He is in control. Yet some Masters fear the feedback they will receive from their slaves. So they lie about certain things. The most common area this applies to is with regard to other slaves. A Master often will lead a slave to believe that she is the only one when, in fact, she has sisters. And like all good lies, the truth eventually surfaces.

Enter into this arrangement like you do every other; make honesty paramount. Being a solid person with consistent actions and words builds a great deal of trust. This is the one factor that our entire lifestyle hinges upon. Without the trust of a slave, a Master has nothing. There is no real relationship in this scenario and it is destined to fail.

Abuse:

This should be obvious but seeing all that transpires, it is not. By now you are aware that I detest abuse of a slave in any manner. A Master who abuses a slave needs to be taken out and whipped himself. Properly trained slaves are not weak but strong individuals who provide valuable service to their Masters. They are entering this relationship with the expectation of gaining something they never had before. Tapping into that natural state of submissiveness creates their nirvana. I can assure you that abuse does not. So heed the suggestions offered in this book and avoid being an abusive ass.

A Slave's Mis-Focus:

This might sound like it falls on the shoulders of the slave but it doesn't. Here is another example where a weak Master will hurt the relationship. It is his responsibility to maintain the direction at all times. This includes the focus on his slave. Once she submits, she is absolving herself of most responsibilities in her life. Where she focuses her attention is the sole discretion of her Master. If she is off course, it is up to him to get her back where he wants her.

Many have difficulty with discipline. Once again, I am not advocating abuse. However, slaves need to be trained to be effective. Sometimes, she needs a reminder of where her focus should be. This is where discipline comes in. Teaching your slave a lesson when she misbehaves is part of the process. She needs to be

vigilant in her attention to your instructions. Failure to do so has its consequences. Naturally, the punishment needs to fit the situation. Nonetheless, continual mis-focus by a slave will ultimately doom the relationship.

Laziness/Boredom:

This is an easy trap to fall into. Relationships need effort to remain zestful. Many look at the Master/slave relationship anticipating the unlimited sex one can get without resistance. Initially, it is a wonderful benefit of being a Master. However, without effort, even that can get monotonous. It is up to a Master to impart new ideas and suggestions into the relationship. Of course, a slave can offer up suggestions also (it is up to the Master to decide if he takes any of them). The novelty of the relationship wears off in a few months. To survive long-term, there needs to be a deeper foundation sought.

The previous problem of focus often is a result from boredom. Most people have difficulty focusing when they are bored. A Master who allows the relationship to get stale will encounter this. Communicate with your slave to see if she is bored with her servitude. It may be that you need to enhance the quality of tasks you assign to her. Many will become bored if continually assigned menial activities, especially if she has grown. Try to match activities with her present skills. This will do a lot to eliminate the boredom.

As for laziness, remember not to take the

relationship for granted. Many of the ideas offered in this chapter show a slave that you appreciate her. Approaching the situation in a lazy manner will turn her off. Remember the mantra about an unhappy slave. A fast way to get her to this point is to make her do all the work. While she is in the service end of things, it is necessary for a Master to dedicate the effort into the planning and designing of the relationship. He needs to invest the necessary time plotting the course of it.

Being lazy will also create the state of boredom. When each day resembles every other, people tend to drift. Many people have unfulfilled relationships because one of the partners got lazy. An effective Master will never allow a slave to be lazy. However, he needs to be equally as motivated himself. Failure to master his internal conditioning will doom the relationship. Daily attentiveness is a must. Approaching the situation as if it were totally new keeps things alive. Recreate the situation on a regular basis to keep a slave's interest. It will allow her to know that you still value her.

***This is a good opportunity to share another belief of mine: it is perfectly acceptable for any of my slaves to voice their feelings to me. There are times when I get wrapped up in certain life situations which cause me to overlook the needs of those I own. Whenever a slave approaches me to tell me how she feels I am not upholding my end of the deal, I am usually grateful. A gentle reminder is typically all that is needed. The mention of an area that I am overlooking enables me to redirect my focus. I encourage all Masters to

foster this atmosphere of open dialog. It is a foundation for a successful relationship.

Remember It Is A Relationship

A slave is a human being. Even though she is your property, it is best to approach her a little differently than the inanimate objects that you also own. A slave has all the human traits that anyone else has. Satisfying her needs will enable her to better meet yours. Healthy relationships are a two-way street. While a slave is intent on serving, she will not remain committed to that without profiting herself. Her payoff is the satisfaction and pleasure of her Master. That is central to her happiness. Yet, her other attributes cannot be overlooked.

Follow the suggestions offered in this chapter. Provide slaves with the decency bestowed upon all humans. Common courtesy and recognition should be mainstays in your relationship. Be appreciative of what she does while giving her the leadership she craves. Slaves naturally approach the relationship with your needs in focus. It is helpful to reciprocate that if you want long-term ownership to occur. Help her meet your needs by assisting her in meeting hers. This is the basis of all successful relationships, even those outside this lifestyle. Always remember that your slave has a vested interest in this also. Make sure she receives her payoff.

Chapter 6

Masters



This is every guy's wet dream. We now have found the Promised Land, Fountain of Youth, and Heaven all at the same time. Continual nirvana is at our doorstep. The only thing left is to open the door and allow it to enter. We found the lifestyle that will make all of our dreams come true.

If you read this far, you realize I am writing with a little tongue-in-cheek. Many approach the idea of being a Master from the perspective of dominating another. When this individual is male, I can assure you the mind moves quickly to the sexual arena. There is nothing more promising to a guy than the idea of unimpeded sex. He just found the way of life where a woman will do whatever he wants, whenever he wants, and with no sass. To him, he suddenly found what man was seeking for thousands of years. He now knows the secret to handling a woman.

Sadly for these people, there is a lot more to being a Master than first meets the eye. There are certain qualities that a Master must possess to be effective. Someone without these attributes is destined to failure. These characteristics are what prevent people from getting hurt while allowing both parties to flourish. Consider how you match up to all that is mentioned in this chapter. It will be the difference between finding a new way of life for yourself and just passing through as you move into the next fantasy world.

So Few

As mentioned in previously, there are relatively few good Masters out there. It is unbelievable the number of women looking to be controlled yet not finding what they need. Their experiences prove this point. Repeatedly, they run into the idiots who end up causing serious pain and misery. There are the amateurs out there who are nothing more than “trollers” preying upon the innocence of another. A Master who does not strengthen a slave through his interaction with her is worthless. If these women were interested in just being abused, I am sure they could go to the local dive to find some losers to beat them senseless. This is not an abusive lifestyle. The beauty in leading this life is the progress which a slave makes while under your care and direction.

Most women with the submissive quality are craving someone to lead them. All the misinformation has made them fearful. They are well aware of the vultures that exist out there. At the same time, they know their vulnerability and how easily it can be exploited. Many of them are operating daily with a great amount of fear. This often is their guiding emotion. Their past relationships only magnify their beliefs about the abusiveness (not always physical) of people in this world. You will find many that are almost paralyzed by fear. Nevertheless, with the right guidance, this can be turned into a slave's greatest asset. Fearful people have a horrific time trusting in others. Yet, the one who receives this trust will be able to exert full control over

him or her. And it will be completely by the slave's choosing.

Use the information in the section to turn yourself into someone who is capable of being a true Master. Trust me when I tell you there are lots of prospects out there for you. The pretenders outnumber the worthy Masters by a margin of 50 to 1. Just visit any sexual dating sight to verify this. Look in the submissive/domination groups to see how few men are really there. The majority of what you will encounter will be the pinheads posting that they want someone to submit to them. This is a dead giveaway that person is not someone who is real. It is common to find that is the only post they will enter. Odds are he will leave the group in a short period of time.

Emotional Mastery

Here is what I feel the bread and butter of this lifestyle. A master needs to have complete mastery of his emotions. Naturally, this is not possible 100% of the time. Nevertheless, managing emotions is one of the main areas of growth a Master needs to focus upon. This is his or her responsibility to a slave(s). Someone who is emotionally unbalanced is not cut out for domination. We are dealing with people who are seeking to turn their lives over to you. Interacting with someone who is a lunatic is the last thing these individuals are seeking. A Master needs to develop control before it can be exerted over another. This is a teaching of most of the ancient philosophies, not

something exclusive to this lifestyle. Emotional discipline is where your strength comes from. Lacking that will create uncertainty with your slave(s). This rapidly leads to a failure to trust which is the beginning of the end for that relationship. It is impossible to have a successful M/s relationship without the slave's trust for the Master. That is why fear is a lousy way to dominate. It creates distrust.

A slave requires consistency. Over the years, they were beaten and battered by life. Their journeys took them into many traditional relationships which did not work out. Once they determine they are cut out for this way of life, they require the comfort of knowing they are safe. That is the job of a Master. Protecting your slave from harm is the top priority. However, harm can come in many forms. It can be physical, mental, emotional, or psychological. Any of these will have a negative impact on his or her life.

Consistency allows a slave the luxury of knowing what to expect in each situation. It is something that every slave I have talked to missed in life. There was always an incredible amount of uncertainty. Being consistent with your emotions enables your responses to be the same. You will respond in a given situation as opposed to reacting. You will find that your slave will easily be able to modify behavior when you have created this environment.

My emotional discipline allows me to remain calm regardless in the face of what occurs. It begins with the expectation that slaves will make mistakes. That is a

given and to expect anything different is insane. I do not get upset when a mistake is made. I am not seeking perfection in my slaves. This is something that is unrealistic. I do however expect complete obedience. That is the criteria which I judge them upon. There again I know they will fall short. This is something else that I expect. Having this outlook enables me to be in complete control of myself emotionally. It is this calmness that furthers the trust of my slaves.

I found that slaves are often indecisive creatures. They really do not know what to do in many situations. That is their nature. This problem is solved by submitting. It becomes your responsibility to make the decisions for them. Of course, things rarely go as planned. Your skills as a Master are most tested when things are going awry. Your slave will be looking to you for guidance. It is your job to remain calm while she is losing her head. This will put her at ease. A slave has pride in the one who owns her. However, losing your head is an easy way to lose a slave's confidence in you. Remain calm in spite of the circumstances you encounter.

Confidence

Slaves, especially in the beginning, tend to lack any self confidence. The fear they carry stems from the experience of repeated failures in many areas of life. When life beats one down enough, it has a way of sapping one's confidence along with it. This is an area that a good Master will pay special attention. I feel it is

my responsibility to lift my slave's esteem level. This is another area that goes contrary to popular belief. As a Master, *I am to lift my slaves up, not beat them down.* My observation is the one's who need to continually put a slave down are the Masters who truly lack confidence themselves. It is not necessary for me to elevate myself by putting my slaves down. They are not a threat to me. My responsibility is to be confident in myself and my abilities. Over time, as I grow in my own journey, I can naturally assist my slaves in moving themselves up to a higher level.

A slave feeds off his or her Masters. When it comes to confidence, this is one area where immediate results are seen. A person who is totally sapped of self esteem will suddenly become so confident after surrendering that even her friends will notice. Of course, this can only occur if the master has that confidence to give. It is from this confidence that you will be able to remain calm in troubling circumstances. You will find that your slaves depend on this confidence; it is what allows them to proceed through their trying situations. In turn, your strength becomes their strength.

One observation is that the initial confidence that is received after submitting is temporary. It will dwindle in a short period of time. I can only presume this happens when the "honeymoon" period ends. That is when a Master needs to instill confidence in the slave by reassuring what he or she does. Simple compliments or recognitions for jobs well done are very helpful. People, not just slaves, respond to positive reinforcement. It is beneficial for a Master to begin this practice at the start

of the relationship.

Compassion

Are you a heartless boob? Than this is not the lifestyle for you. People who are heartless do not make effective Masters. It is my experience that the best Masters are those who are compassionate. Of course, do not mistake compassion for weakness. A slave will understand compassion if she knows where the boundaries are. Some might try to take advantage of it. This is where confidence and discipline enter. However, there is no need to unfairly make anyone suffer. Those in this lifestyle are not into abuse. It is crucial to remember that we are dealing with human beings who are worthy of respect.

Being gentle but firm is an art more than a science. A Master with healthy self confidence has the ability to be compassionate. Try for a moment putting yourself in your slave's shoes. They receive extreme pleasure from serving. A well trained slave will want to do everything in his or her power to serve Master. This is an indisputable fact. Once the trust is established, the length a slave will go to is endless. Yet, there are times when something holds him or her back. Under these circumstances there are two choices: be compassionate while getting to the core issue or punish for disobedience. Both are within your rights. However, which offers a longer-term benefit? I always prefer to get to the core issue when dealing with a slave. If not, that issue tends to reappear at another time.

Fear based beings are naturally attracted to compassion. A slave will honor and respect your strength, power, confidence, and dominance. Yet, it is the compassion that lures this person in. Too many brainless twits do not take the feelings of a slave into account. A Master who understands and acknowledges a slave's feelings will be able to help him or her through the situation. Compassion is the characteristic which allows a Master to identify and feel for what the slave is going through. Limitations are overcome when a Master gets to this level. Without it, a slave can resist even when the intentions might be otherwise.

Safety

I probably should have started this chapter with this idea. Here it is so there is no misunderstanding: **SAFETY IS A MASTER'S TOP PRIORITY!!!** Nothing is more important than the safety of a person in your care. This is equally true whether we are referring to a scene or to daily living. We are dealing with a total exchange of power. With that power comes great responsibility. Ensuring the safety of the person submitting is the main focus of all Masters.

A good slave will always be focused on his or her Master's needs and desires. By the same token, an effective Master is always concerned about the safety of the slave(s). It is something that cannot be stressed enough. When someone submits to another, that person is in an extremely vulnerable position. It is the

Master's position to exercise the power over the slave in a safe manner. After all, our lifestyle is Safe, Sane, and Consensual.

Every so often I hear a story of a scene gone bad. These usually are situations where the parties got together to play. They were not involved in any type of committed relationship. Thus, the surrender was only in the sexual aspect. What transpires is a result of the Master not ensuring the safety of the person under his or her care. That individual places attention in an area other than safety. This error can have tragic results.

I am reminded of an incident which occurred not too far from where I live. It was a homosexual interlude between two men who met over the Internet. They decided to get together for a little BDSM fun. Their particular flavor was mummification. In this instance, the sub was completely wrapped in clear plastic. The entire body was covered including the head wrapping him like an Egyptian mummy. A straw was inserted through the plastic into his mouth for breathing purposes. Then, the Dom locked him in a closet for over 2 hours. As you can guess, when the Dom came back, he found a dead person. It turns out that the straw fell from the mouth and he suffocated. Hence, an afternoon of pleasure turned fatal because of a lapse in judgment on the part of the one in control. Sadly, a similar story arises every few months.

Personally, I do not engage in some forms of BDSM, including this one, because of the danger factor. There are certain aspects of our lifestyle which requires

a great deal of experience and knowledge. Extreme measures such as mummification, electrification, and full body suspension necessitate training beyond the scope of just this publication. Be careful when dealing with someone who is into these types of activities. Make doubly sure that person is accomplished in that particular aspect.

The mentioned example shows how easy it is for a Master to forget about this major responsibility. While this situation had no malicious intent, it clearly demonstrates how fragile safety is. Here the trust that the sub had for the other person cost him the ultimate penalty. Death is something that is non-reversible. There are now many lives adversely affected by the lack of responsibility on the part of this person. Overlooking safety can have fatal consequences when you fail to consider that another person's life is in your hands.

Only For Adults

Being a Master entails dealing with a great deal of responsibility. Get past the idea that everything is about serving your demands. It is wonderful to have a slave serve your every whim, but are you able to deal with the burden that ensues with taking total responsibility for the life of another? Remember, once submitted, that person is no longer responsible for it. The moment she becomes your property, you are the only one who with the power to keep him or her in tact. One must consider not only physical safety, but there is also the mental, emotional, and psychological. This is a great burden to

bear. Those who chose this way of life freely take on this onus. A powerful concept to remember is the old saying, “if you do not take care of your property, it will not take care of you”. This aptly applies to the M/s life.

Chapter 7

Slaves



So you feel that you have a submissive streak to you? Perhaps it is something that you noticed in your sexual history and now are seeking to move it into other areas of your life. Have you done a little reading on the Internet uncovering some information which leads you to believe this is the lifestyle you desire? Well, I hope by now we gave you a little background on what this is all about. In this chapter we will delve into what the submission process and the responsibilities the come with being a slave.

The Satisfaction

My slaves have all reported attaining a level of ecstasy after submitting. When one finally reaches the point where she knows this is the life for her, it is inspiring to watch what occurs. The idea of being a slave is not something that one learns. In my opinion, it is something that is already within a person waiting to be uncovered. The tendency to submit was prevalent in certain areas of life. When one starts to look at this as a lifestyle, it is when the levels of joy and satisfaction take off.

What Is Submissiveness?

I never took the time to look this up in the dictionary, thus I am not familiar with what Webster's states. However, I have come to associate it with meaning a "desire to serve". In this lifestyle, a slave submits to a Master because of the desire to fully serve. People who are 24/7 dedicate all their time to fulfilling

this mission. The pleasure of Master is the only thing of importance. It is a priority placed ahead of well being. Of course, as stated, this is no longer his or her responsibility. His or her entire life is in the hands of Master.

In speaking with many slaves over the years, I learned that people have the submissive feeling long before they approach this way of life. It is a yearning which was deep within that tried to surface periodically. Social conditioning led one to try to stuff this desire down since society has a negative view of servitude. Thus, the submissive one is left to try to contour life around a different set of beliefs. However, as many who are now involved in Master-slave relationships will attest, it never was something that we could adequately pull off. The desire is always there.

Another observation is that a person, who is naturally submissive, prior to getting involved with this life, usually fulfilled that yearning in part. There are aspects of life which control was ceded to another. The common area is sexually. It seems this is the easiest area for one to submit while still being socially acceptable. It is interesting to observe that male subs often have a difficult time in this area when dealing with traditional relationships. The social belief is that males are to be dominant sexually, which helps the submissive female. Also, since the sex life is a private act, most can contour it to fit their natural needs while still being accepted.

Many submissive types find themselves drawn to

dominant personalities. This is a natural allure for one who is seeking. In the traditional world, this created another set of problems. My experience shows there is a major difference between a dominant personality and the person who is involved in being a Master. The tendency for the dominant personality is to not consider the needs of the submissive one. The ego is usually the driving force behind the dominating traits. Instead of confidence and self assurance, fear is the motivating trait. This can have catastrophic consequences on a submissive type who is seeking fulfillment. I believe this is why many who come to this lifestyle have so many reservations in the beginning. They see similarities between this way of life and what they experienced personally. The past is often one of the grandest challenges a Master has in training a slave. Those fears need to be allayed before moving forward.

I believe submissiveness is something that is ingrained in a slave. It is not something that needs to be worked at. The battle occurs when this person tries to resist. A man or woman who follows the natural tendencies within into this lifestyle finds emotional states which are beyond terminology. I often asked slaves to describe those feelings to me. Invariably, they failed to capture the essence of what was felt. However, it is something that is so powerful it affects her entire psyche. For true individuals of this type, there is a profound physical change which takes place. Her friends and relatives will often comment on the difference even weeks later.

So what happens to cause this overwhelming

state of nirvana? My belief is that a person finally taps into the natural state that is within. It is as if the lies are being lifted. Many often feel like the way they were living was not in congruent for them. Finding a way of life matching one's natural inner desires is what I believe our life journey is all about. Therefore, this is a process of uncovering rather than determining. Thinking one's way into this state does not seem possible. The transition occurs at a much deeper level than the mind. In the submissions I personally witnessed, the feelings went all the way to the core of the woman. That is why the results were so profound. These sensations arose from places she may never have touched before. Anyone who witnesses this easily sees the naturalness in the process. There is nothing forced on the part of a submissive type. It is something that is as smooth as breathing.

Weakness

Many seem to think that a submissive person is weak. I believe it is this misconception, along with the images of abuse, deters more people from this lifestyle than anything else. As suggested, society promotes the belief in power and control. Submissiveness is not a quality which the Western culture holds in high regard. At the same time, servitude is equally viewed as being done by someone who is weak or stupid. Service positions are usually entry level positions within our society. The goal is to get promoted out of them into something that is more worthy. Therefore, people simply conclude that anyone who submits to serve is

weak. Again, I feel the opposite is the true.

The majority of people seem to be living as Thoreau described, “lives of quiet desperation”. Most live in a state of continued “blah”. Their lives lack any passion. It is a series of events which they move through daily while never fully taking control of their lives. Time is not spent seeking the true state of oneself. They fail to uncover the natural essence for which they were designed for. Everything about them is shaped by the offerings of society. Their entire belief system and life direction are dictated by others. Of course, this is not always overt, yet a little research reveals it.

People tend to mirror the environment they grew up in. Things such as vocabulary, dress, beliefs, insecurities, and career paths are often shaped by those closest to us. When it comes to beliefs, most never consciously determine what they believe. In fact, it is not something that is even looked at. People are stunned if you ask them “why do you believe that”. They often will be unable to provide an adequate answer. Yet, they will defend that belief vehemently. The concept of analyzing what one believes is a foreign idea.

Most never look at why they live the way that they do. It takes considerable courage to honestly seek what is true for oneself. This is not an easy process. It becomes more difficult when one makes a decision which goes against the popular ideas that society offers. A slave who submits undergoes this process. He or she takes the time to uncover the true state that is within. In

the end, the willingness to serve is what drives submissive types to this lifestyle.

In my estimation, a slave is not weak. That person exemplified the courage necessary to go through the process to arrive at the conclusion. This puts him or her ahead of 98% of society because that person is consciously aware of the choice made. I feel it is a sign of weakness to blindly follow the herd without even questioning the validity of its decisions. Anyone who musters the courage to boldly look at oneself is showing strength, not weakness. Therefore, do not equate submission with weakness.

Why One Resists Submitting

I have seen many approach this lifestyle with varying degrees of success. There seems to be a similarity among all who first encounter this way of life. However, upon gaining some knowledge, it is interesting to witness how people take to it. I will have to say the vast percentage of women who came to this resisted submitting initially. What causes some to take to this lifestyle while others fight it? After studying it, I was able to boil it down to two reasons.

1. Fear:

We have mentioned throughout this publication a number of the fears women have about this lifestyle.

Caution is always a good thing. There are a lot of people who prey upon others who are deemed weaker. They have malicious intentions which cause a lot of harm. The belief that a sub is something to be senselessly abused is typical. Many of these fears are grounded in some form of reality. However, it is not the lifestyle that is feared but, rather, individuals. The life many of us found here is magical. It is something that we believe to be a sensational answer. Yet, a few bad apples, along with the power of the Internet to spread misinformation, created a poor image of this lifestyle.

We just mentioned the social conditioning which people have. The idea of submitting is shown in bad light by society in general. There is nothing shown in advertising which promotes the redeeming value of servitude. The popular mantra is to control and acquire more. Freedom lies in having power. We see “iconic” images portrayed as having incredible wealth and control. Naturally, the implication is those who fail to gather these are to be looked down upon. We notice everywhere people who belittle those who provide service. Waiters and waitresses are verbally assaulted because of mistakes made. The same occurs with hotel and airline employees. Our personal experiences tell us that being one of these people is not something to desire.

A slave is confronted with the situation of having to completely let go. This can be a terrifying thing to face. Putting the control of one’s life in the hands of another is an overwhelming proposition. We are taught that control is what we need to be happy and successful.

Of course, this really is an illusion. How much control does one really have in life? We all are aware that our lives can end at any moment. That is beyond our control. Many people show up to work to find out there was a massive layoff. The employment they had is no longer. Along the same lines, has anyone every tried to control their child? Any parent knows how fruitless this can be. Children certainly are beings which are uncontrollable. Of course, the actions and opinions of others are outside our sphere. People do things contrary to what we think needs to be done. This is simply a fact of life. Those who accept it are able to find peace; those who fight it tend to be miserable.

Coming back to the choice of this lifestyle, I feel the biggest thing a woman fears is abuse. The image that many have is of beating and whippings. People remember the horrors slaves endured a couple of hundred years ago. These horrific mental pictures take people to the worst case scenario. Individuals hear of physical punishments administered by Masters which create a great deal of physical pain. Nobody wants to be traumatized. The conception that a slave instantly becomes a punching bag is a turn-off. This fear is only compounded if one was in an abusive relationship at some point in the past.

Also, there is always the fear of giving up all that is dear. A slave gives her Master complete control over all aspects of life. It is up to that person to decide what powers are exerted. Many fear having to give up family, friends, or careers. Again, while it is true that a Master could make a slave give these things up, the reality is

that few do. An effective Master will have the self-confidence to allow a slave to interact with others. Personally, I understand the benefit for my slaves to have healthy relationships with other people. I have no desire to isolate them into a world that includes only me. Most Masters that I met feel the same way. The motto, “happy slave equals happy Master” holds true.

Trust is often an issue mentioned during many discussions about this lifestyle. Most who withhold submitting do so because they do not trust. And behind this lack of trust is fear. Naturally, there might be valid reasons not to trust a particular perspective Master. Many people who simply are untrustworthy. However, this should not deter one from trusting in the inner nature from which the submissiveness comes. This is a natural state which the spirit is craving for. Whenever I am speaking with someone new, I always refer to the “submitting” to the lifestyle first. This always takes precedent over any single particular Master. This will be covered in greater detail later in the chapter.

How valid are the fears that people have? They are just as valid as fears in any other area of life. Fear is a negative projection of a future event. One looks at a particular situation and concludes that will turn out bad. I sense this is a natural human tendency. Yet, when analyzing the hesitation to submit, I realized the fears discussed were not isolated to this lifestyle. There are characteristics of this way of life which can be present in traditional relationships, yet are overlooked. For example, the fear of abuse seems to be high on the list. Do people, especially women, enter vanilla relationships

with this same fear? I do not believe this is done with the same percentage as this way of life. However, abuse occurs regularly in the traditional world. In fact, I would surmise that it might be more common than in our lifestyle. Women are beaten everyday in the traditional relationship yet few consider the prospects when getting into something new.

So why doesn't the fear of abuse exist whenever one enters into a romantic situation? Well, with women who suffered this treatment, it is a prevalent thought. For those who never endured this, the thought never crosses their mind. I believe the reasoning is the images presented of a marriage as an example, are not ones of beatings and bondage. Society promotes the white picket fence, two cars, and 2.2 kids as the image for this way of life. The image for the M/S relationship is one of rope, leather, and tears of pain. This distinct difference in imagery fosters preconceived notions about each. Of course, neither is absolutely true. How many marriages align with the image presented? With a divorce rate of around 60% (at least in the United States), obviously less than half come close to this ideal. The same holds true in this lifestyle. Sadly, there are abusive relationships, but they are the minority. People are surprised to learn that most aspects of this type of relationships resemble the traditional world. The major difference is the distribution of power.

Fears that hold one back from submitting often have their basis in some type of fact. It is imperative for one to sort through them before moving forward. There are measures which should be taken for protection.

Knowing how to approach this lifestyle in a safe manner will help to alleviate some of those fears.

2. Not Really Slave Material

There are many different levels of submissiveness. There are many who look at this lifestyle as their answer to an inner yearning. These are the ones who seem to take to it immediately. The idea of giving total control over is something that sits well with them. They openly accept it with willingness. It is interesting to witness how there is not an inner struggle with people of this nature. The transition into it seems to be a smooth one. Of course I am referring to the submission to the lifestyle and not necessarily to a particular Master.

Those who struggle with this for an extended period are submissive, yet not necessarily meant to be a slave. I fell into this situation a number of times myself. I started to train a woman who submitted to me only to find out a number of months later that she did not want to give up absolute control. There were areas of her life that she wanted to maintain it. This told me that while she had submissiveness, she was not designed to be a slave. Most often, I found these women wanted to be dominated sexually; to be “sex slaves”. However, this ended with the orgasm. It was then that they wanted control back.

Please do not take this to mean there is anything wrong with this dynamic. Being a sex slave is a wonderful way to fulfill the inner yearnings that many

have. It allows for the satisfaction of the deep seeded need. However, a person of this nature seems to have difficulty in transitioning into a 24/7 situation. It is important to try to recognize where you fall if you are looking to submit into this lifestyle. Even the most experienced of Masters can miss this important detail initially. Having this information will make your search for a Master much easier. As you can well imagine, one who seeks only sexual domination will have a compatibility issue with a Master who is looking for someone to serve 24/7. The reverse creates similar difficulties. A slave who wants to submit completely will be unfulfilled being with a Master who treats her as an equal everywhere but the bedroom.

Now we can throw a monkey wrench into this entire situation. There are a number of women who come to accept the levels of their submission over time. They initially have some areas where they feel comfortable giving up control while wanting to hold onto others. Nevertheless, as time passes, these women come to trust enough to give up more and more of their lives. These are the hardest individuals to get a handle on.

So how does one determine if one is really a slave who will come around versus one who is just seeking submission only over part of his or her life? The best answer I can give is training and time. As a Master takes a person through the training process, the areas of resistance are uncovered. Attention to these factors enables the exploration into the different levels of submission. In my case, it was often many months

before I could conclude what I was dealing with. A lack of response to my training was the primary indicator. Sometimes the resistance a slave has cannot be overcome. This shows that a change in the dynamic of the relationship is necessary. If this is unacceptable, then the natural outcome is the ending of the relationship.

The bottom line is that the pace of submission is different for everyone. I have witnessed women who submit completely right off the bat. Others come to do it over time. However, it is my observation that if the resistance is still present after months of training, that perhaps the qualities of being a slave are not there. If you reach this conclusion, seek to define your relationship in a way that meets those needs.

The Value of A Slave

Many who lack knowledge see a slave as someone who has no value or worth. They witness the “belittling treatment” to mean this person is a doormat. A slave is often told to sleep on the floor like a dog. Their rights and privileges are provided only as the Master sees fit. They are “owned” thus carrying the same rank as a piece of furniture to be used when the owner sees fit. Overall, they can be viewed as less than human.

It is true that a slave is “owned”. That person is property of Master. Nevertheless, although he or she is property, that individual is not worthless. Property, by its very definition, has value. It must be worth enough to

get one to spend money on it. Value is derived in many ways but ultimately, it comes down to usefulness. Those old pants that you wore when you were 30 pounds lighter has less value then when you fit into them. The same thing can be said for a television set after it dies. Its value decreased in proportion to its usefulness. Naturally, a lot of this is personal perspective. Certain people will pay more for a home in a particular community because they perceive the value to be there. Others will pass on the offer since they use different criteria. Thus, value is a relative term depending upon who is involved in establishing that value.

What value does a slave have? Like any other piece of property, it is contingent upon a number of individual factors. However, there are some general commonalities which all slaves offer. A slave's value fundamentally lies in the ability to serve the Master. One's entire existence is based upon servitude. As the ability to serve Master increases, so does value. Someone who lives as a slave before requires less training than a new slave, thus having more immediate value. Of course, as one's training progress, the value will increase as more of Master's affairs are able to be handled.

Other qualities come into play when determining a slave's value. The willingness to serve a Master can make one more attractive than another. The outlook upon life can also increase worth. One who willingly serves a Master with faith and trust is more valuable than one with emotional hang ups. Sometimes a slave

will have abilities which the Master utilizes. All the attributes can make one more valuable in a Master's eyes.

A slave's value is established by solely by the Master. His or her skills will be contoured to meet the needs of that particular Master. For example, I am not militant about my clothes hanging in the closet. As long as they are in there, I am not concerned about the exact placement. This is in direct contrast to another Master I know. He is ex military, therefore he requires his slave to hang his clothing in a particular way. Her value to him is increased since that is what he wishes. To me, that is a worthless trait in a slave.

Value increases the more a slave is able to carry out assigned duties. Many have a great desire to help their Masters. Yet many fail to have the capabilities to carry out more than rudimentary tasks. When one is able to perform activities, especially without the supervision, then value is increased. It is important to remember that a slave's worth stems from the ability to serve. The less a Master has to interact in the completion of tasks, the more value a slave has. Those of us who lived in this lifestyle for any period of time have come across those slaves who need constant "babysitting". This type is less valuable to me than one who is able to handle pre-arranged assignments. To me, the time savings increases her value since my life is made easier.

I do not want to own a "doormat". For me, I want to help my slaves become intelligent, capable

individuals. This is where I perceive their value to be. Obedience is a given in my mind in the Master/slave relationship. Therefore, I dispel the need to reduce my slave's confidence to gain obedience. This only diminishes her value. By focusing my attention to the growth of her skills, I increase the capabilities she is able to utilize. Thus, I increase the value of my holding.

Intelligent Masters will seek ways to improve their slave's worth. Of course, this can only occur if the Master himself is growing. I have seen firsthand what happens when a Master does not invest the proper training in himself: he is threatened by the growth of a slave, thus will beat her down every chance he can. She is viewed as a threat in this scenario. This stems from the Master's fears and insecurities. My feeling is the slave would be better with another Master.

The last point to make when considering the worth of a slave is to recognize that everyone has value simple because she is a human being. A slave can provide Master emotional and mental support. He or she can help take away loneliness by fostering comradery. The value will increase the stronger the emotional tie is between the two of them. All these characteristics enter into all our relationships. The M/s situation is no different. A slave can have lots of intangible qualities that a Master appreciates. Again, the value will increase in direct proportion to the qualities that particular Master values.

Every slave has value as a possession, a human being, and a servant. The amount differs from

relationship-to-relationship yet it is there in everyone.
There is no such thing as a totally worthless slave.
Each one has some value.

Chapter 8

Submission



To start, I cannot emphasize my feeling that someone who submits is not a weak person. Submission does not equate to weakness. It is actually something that takes a great deal of courage to do. The entire process that a slave goes through in her search before she finally does turn her life over to a Master is an exercise in honesty. This is something that I found most of society fails to do. They tend to hide behind the facades which they erect. Most lead their lives according to the beliefs of others. This is commonly revealed when you ask someone why they do things a certain way. Their answer usually is less than convincing.

It reminds me of a story in which a woman cut the ends off the ham before putting it in the pan. One day, this woman was preparing the ham when her daughter came up to her.

She asked, “Mommy, why do you cut the ends off the ham when the whole thing will fit into the pan”.

“I don't know” the mother replied. “Let's go ask your grandmother”.

The two of them went next door.

The mother asked her mother, “why did you teach me to cut the ends off the ham before cooking it? Your granddaughter would like to know.”

At this, the women responded, “Because that was how I was taught. As to why, I don't know. Let us go ask my

mother”.

So the three generation went over to the nursing home to visit the grand matriarch. Upon arriving, the oldest asked her mother, “Mom, why did you always cut the ends of the ham off before setting it in the pan to cook. Is that so the seasoning would be sucked in to improve the flavor?”

The eldest lady leaned back and laughed. “No my dear, I cut the ends off the ham because it was too big for the pan I owned”.

So why do we live our lives a certain way? Because that is how we were taught. Never do we question whether this is right for us. Society tells us through advertising, movies, and word-of-mouth that we need to be strong and independent. This is certain to give mixed message if someone has the internal programming of submission. We cut the ends off the ham regardless of the size of our pan. Our lives are molded into what other's teach us is right. Based upon my experience, submission definitely is not something promoted as ideal.

The Inner Appeal

It is my belief that people have an internal programming which causes them to be submissive. The same is true for people who are dominant also. Something inside each of us tells us what feels right. The experience that I related in the Introduction

exemplifies how I tried to live in society's form of a proper relationship only to encounter misery. There was that internal programming which told me I designed for something else. This came to light when I started the first relationship with Summer. She provided some guidance but much of it came natural to me. My conclusion is that something within me is “wired” to be a Master.

In discussing this matter with different people, I have noticed something interesting. Most people have both a dominant and submissive side to them. They are able to fluctuate between the two depending on the circumstances. That person may be totally dominant in one area of his/her life while completely submissive in others. For example, a person may be dominant in the work environment while being totally submissive sexually. The feeling is natural in both settings. You can notice the degrees change when you look at the home, business, or social life. A submissive wife might be an assertive parent. These individuals have the ability to be comfortable in both roles, dominant and submissive, naturally.

Then there are those of us who are at the ends of the extreme. We are the ones who are cut out for this lifestyle. Our inner workings make us either all or none. With us, there is no middle ground. Our trait is completely 100% dominant or submissive. There is no natural feeling in any other role. If we even can understand the other side, it repulses us. Submissiveness to a true Master holds as much appeal as gay sex to a true heterosexual. While that person

may be accepting of others in that lifestyle, he or she knows it is not for them. The same is true with our lifestyle.

This brings up a side note worth mentioning. I read many posts online mentioning the belief that a true slave is one who is always submissive. Therefore, that person is unable to exercise authority in any area of life. More than once I had a new person tell me she was told she could not be a slave since she exercised control over her children. Each time I hear this I say “horse hockey”. This is one of the misleading pieces of information espoused by those without a clue.

Submissive people can hold positions of power. It is common for slave to maintain employment for financial reasons. Many of them hold managerial positions that require the motivating and discipline of others. Of course, this is done with the Master’s approval. Nevertheless, this employment does not take away from that person’s place as a slave. The same is true for children. A parent needs to exert power and influence over his or her children. This is true whether that person is a Master or a slave.

Do not be swayed by the notion that a slave cannot hold the positions. Many of slaves do this daily while maintaining full submission to their Masters.

My Realization

Before I got into the lifestyle, I was involved in

many traditional relationships where we experimented with bondage. Over the years, I had a couple of women ask me to let them tie me up. This is something I always resisted. At the time, I had no idea why I felt this way. The idea of allowing someone to tie me up held no appeal whatsoever. After being in this lifestyle for a while, it dawned on me. My natural inclination is to total dominance. I do not have that submissive desire in any aspect of my life. To let someone tie me up went against my dominant programming. Unlike others who might be able to tap into their submissiveness, I do not have any. I am one of those people who is at the end of the spectrum.

This same process is witnessed within all the slaves that I met. The idea of being in control of any aspect of their lives is unappealing. For those who have truly given their lives to another, they want to hang onto nothing. Their internal workings tell them to let go. Again, these people are also at the extreme on our submissive-dominance scale. My experience is that a slave truly has no desire to dominate anything. Occasionally the impulse will arise to be defiant and mischievous. This is by no means one trying to be dominant. A slave handed a lot of responsibility after being submissive for any length of time would crack. Long-term happiness would not be possible. It goes totally against that person's nature.

It is this reason why so many feel “at home” when they find this lifestyle. I have witnessed the “relief” that my slaves experienced when they ceded to that inner desire. Their lives seemed to lack that completeness

regardless of the success attained. Like me, they had a number of failed relationships. Of course, trying to fit people like us into a traditional relationship is doomed to fail. There were areas of their lives which they were responsible for. However, when I painted the picture of not having to deal with that stuff anymore, all of them found that to be heavenly. It seems that responsibility is something which goes against the nature of a submissive. The internal wiring is the exact opposite of a dominant. In this case, no control is the preferred.

Lessons From The Homosexuals

I equate this realization of our natural state to that of someone who is homosexual. Looking back over our culture's history, homosexuality is something which was not widely accepted until recently. Society did everything it could to deter this behavior. People were ostracized if they chose this lifestyle. Their employment opportunities were hindered. The threat of physical and emotional violence was ever present. Basically, it was a choice that not many would freely make in face of the consequences which existed. Yet many engaged in homosexual behavior in spite of all this.

****I am going to offer a belief of mine here which might create some controversy. This is not the subject of this book so I am not going to delve into it deeply; I am using this as an analogy. My intention is not to manufacture controversy over this and if there are differing opinions, wonderful. Accept this simply as my opinion.

Society did everything it could to prevent people from choosing the homosexual lifestyle. This tells me that people were following something that came from within them. Most of us are conformists. We want to fit in. This is especially true if we are confronted with horrific consequences from others for going against the norm. Thus, I do not believe most would 'chose" homosexuality if it was their choice during those close-minded eras. I believe that people who are homosexual are wired for that. It is their natural state. To live any other way makes full happiness impossible.

We have all heard the stories of someone living in a traditional marriage for a number of years only to leave one day for a homosexual relationship. Did that person one day wake up and become sexually aroused by the same sex? I do not believe so. That person was conforming to society's mindset that heterosexual relationships are the normal route. Trying to fit in went against this individual's natural desire. The change was made after the person got honest.

People who admit their natural submissiveness find the same to be true. Like homosexuality, submissiveness is something society tries to deter. Many have this natural leaning yet they go against it trying to fit into the traditional model that is designed for us. It is only after getting honest can one find the true happiness that comes from living in his/her own truth. Many homosexuals mention the extreme pleasure found once they got into the relationships that fit them. My experience is the same with slaves. Once they found

this way of life, it was like they finally uncovered what was missing in all those other relationships. Life instantly took on a new meaning. Literally, I have watched people change before my eyes when they tapped into the powerful part of themselves.

Society's Submission

It is ironic to listen to the messages of society telling us to take control of things and be our own person. As mentioned, it does not appear that submission is something that people feel is a good thing. Yet, if we look a little deeper, we find that there are many areas which the message is to “submit”. We are shown how much better our lives can be if we allow someone or something else to make the choice for us. As we will see these are not fringe organizations but, rather, mainstream institutions affecting the lives of tens of millions of people.

Whenever I listen to the politicians speaking about the different issues facing people, it always seems they refer to the things the government is going to do. Regardless of which side of the aisle, they all seem to promote larger spending packages which will handle certain things in people's lives. To me, this is the government telling us to submit to them. If you cannot afford health insurance, the government will provide it for you. People who need assistance financially will get that from them also. Whatever your plight in life, if you will cede the power to the government, it will take care of it for you. Of course, the word “submit” is not utilized.

Nevertheless, this is exactly what the politicians are asking us to do. Give the government the power to make the decisions for us. This is a fantastic parallel of what a slave does to her Master.

The areas that you submit to the government are no longer your areas of responsibility. It is our responsibility to obey its policies and procedures. We are told what forms to fill out, when the money is received, where we can spend it, and what it can be spent on. Let me ask you, what is the difference if the government gives someone \$300 to spend on food or that person gets the money from a Master? The bondage is still the same. So while society abhors the notion of submitting as a value, we are seeing more programs designed by this institution which will lead to our submission. We certainly are being fed a mixed message.

Almost everyone in the United States is affected by this idea. The number of people is increased drastically when we take into account the other countries throughout the world. However, for the most part, our participation in these systems is involuntary. To me, it resembles the slave system of 200 years ago. However, there is a place where we see millions of people voluntarily submitting. This is called religion/spirituality. When we research the teaching of these institutions, we find that submitting is at the core of what they teach.

Again, the organizations do not use the word “submit”. Their choice in terminology is “surrender”. Society fails to honor submission yet it will embrace

surrender, at least in the religious context. We are taught by these organizations that we must surrender to God, the Universe, our Higher Power. We are taught that it is only through this surrender that we are empowered to confront the daily forces that exist. The process each uses differs yet the result is the same. We give our will over to something “greater than ourselves” that will take care of us. Some teach that by doing this we are taken care of for all eternity. Our “surrender” brings about everlasting life.

Billions of people belong to different types of spiritual/religious organizations. In most parts of the world, people enter these voluntarily. Their submission is not forced. Once they become of the age of reasonable choice, they are willing participants. Obviously, they have the ability to submit in this context. It is an acceptable way of life. Surrendering of the will is something that is socially accepted when talking about matters of the Deity. Again, we find a mixed message being offered.

The Elation

I hope these examples show surrender in a different light. Millions of people believe in its merits with regard to those organizations. Submission is a basic part of our culture. Without it, we would have anarchy since nobody would obey any laws. The submission process allows us all to interact peacefully, something society is dependent upon to survive.

Since submission is hardwired into many, it is the one path for them to find happiness. Following this path is the most natural thing for you to do. We all have that something within us that is our genetic route to nirvana. If you are submissive, getting involved as a slave (or at least a sub) is the most likely route. It is where you can find true elation.

The honest appraisal that goes along with uncovering that side of you is a difficult task in many instances. I know of people who wrestled with this decision for years. As mentioned, the societal impact of this decision is tremendous. Many find their friends think something is terribly wrong. How can she do that? Of course, they say this while on their way to church where they submit. They never take the time to consider all the areas they are submissive. Living life according to someone's precepts is always the easier way.

I always commend all slaves that I meet on their decision. It is easy for me to see the pressures which are exerted on people who make this decision known. It is unfair yet the common response. Too many view the submission to a Master as a sign you are weak. This is not the case if for no other reason than the process to decide to do this requires great courage. I believe the character of someone who engages in this self appraisal to be more solid than one who "buys what society sells them". Living life according to one's true self is the highest form of integrity there is. Going against the trend (and the masses) shows the strength that most fail to possess. In reality, blind followers are the most

submissive people you will meet. Any strength they appear to have is an illusion. Abstract cultural norms are their Masters.

Submission to the Master/slave relationship furnishes the slave with freedom. This is an ironic twist. Most think that a slave is in bondage. What most fail to consider is there is a big difference between bondage and servitude. When one is willingly following his/her true calling, this is my definition of freedom. Living life according to the concepts and ideas that you choose is the ultimate in that. Giving one's life over to a Master absolves the slave of any responsibility other than to please him or her. This "unburdening" is freedom. It is easy to see the change in a newly owned slave. She will share how much freer she feels because she no longer worries about all that she did before. It is not her business anymore. Life is run by a Master who is burdened with those choices. For a submissive, this is the apex.

So, now you are confronted with a choice. Think about this when you are considering all that you are "giving up" by submitting to a Master. In reality, no matter what choice you make, you are submitting. If you are truly a submissive, then turning yourself over to a Master is tapping into your natural state. Yet, if you resist this out of fear, then you are submitting to the concepts that society says you need to value. As shown, one holds the key to freedom, the other to bondage. Simply look around and watch for all the ways people are living in bondage. It is best to choose the way that is right for you regardless of what other's deem

appropriate.

Henry David Thoreau once wrote “most men lead lives of quiet desperation”. I found this to be true for me before I got into this lifestyle. Now my life is full of freedom from that bondage which comes from trying to fit into something that is not right for me. I am certain that if you read this far, you will experience a similar result. Put the act of submitting into a different context. Realize that it is nothing more than your entryway into the way of life that was designed for you. I train all my slaves to hold their heads up high while being proud of being owned. When one realizes the honesty and courage required to go through this process, it is understood how much further along they are than the rest of society.

Instead of shame, submission is the true source of confidence, nirvana, and wholeness. See if you experience similar results.

Chapter 9

The Submission Process



The submission process is a simple and straight forward. Yet, many still manage to mess it all up because they get everything out of order. Therefore, I included this section to clarify how the successful enter into this.

Submission really only involves three steps. These steps need to be taken in this order for one to realize the wonderful benefits to this way of life. Taking them in an order other than what is spelled out here will only lead to questioning and confusion. Substitution is equally ineffective. Follow these three simple steps in order and all your dreams will be realized.

- A. Commit to the lifestyle
- B. Find a Master
- C. Submit to that Master

This is the simple formula. However, for many of the reasons covered, it is not an easy one to follow. It is a path filled with fear, disappointment, and self-doubt. The exercise in self honesty is one that is difficult. And, even if you get yourself in order, there is another person to deal with which creates a host of other perils. Yet, all success in the M/s world is reached when these three steps are undertaken.

Commit To The Lifestyle

Many want to jump to step two before handling this part of the process. Before one can commit to a Master, that person **must** first commit to the lifestyle.

This part of the process deals entirely with the Slave's introspective approach. It is really something that is irrelevant of any potential Master. One needs to determine whether he or she is submissive or not. Nobody else can give her this answer. It is based solely on the feelings within. How does the idea of giving up control feel? Is it something you are comfortable with or does the inner spirit resist it? I included a series of questions at the end of this book to get one's thinking in this direction.

Do you want to live in a Master/slave relationship? That is the million dollar question which precedes all else. If one can answer this with an emphatic affirmative, then the search for a Master can commence. However, it is only done so after this self determination is complete. I often see people who are uncertain get involved with a Master after he "convinced" her that she belonged in this life. Naturally, an experienced person can assist one in the navigating of the process. However, in my situation, before I ever accept anyone's submission, I make sure she is committed to living this way of life. Without this on her part, our relationship is destined to fail regardless of my abilities as a Master. The chance of someone who does not belong in this lifestyle succeeding is no greater than those of us who tried to succeed in a traditional relationship. If one does not fit, he or she simply does not fit.

Another aspect of this is to determine, if possible, the level of submission you are capable of. This may require the help of another and could take a while to determine. It often is a trial and error process which

occurs only through training. However, if you are aware of those areas that are difficult for you to submit, then you can work on them with a Master. Perhaps you decide that a 24/7 absolute relationship is for you. Or, perhaps, you prefer to just submit sexually. Whatever the level you are willing to go to, any decision in this area is helpful. Anything you can conclude about yourself ahead of time will make the journey a little easier.

There is one final point on this matter that I would like to make. When I question new people on this step, the answer I often get is “I don't know if this is what I want”. The lack of knowledge about what to expect deters people from making the commitment. What I find interesting is how people in general desire things they have no experience in. In the traditional model, marriage is the common dynamic that people enter into. If you ask most single people if they want to be married, they will answer “yes”. My question, based upon the reasoning here, is how can these people say that when they have never experienced it? How do they know if they are cut out for married life or not? People presume because they see it all around them that they can do it. Well, I am not cut out to perform brain surgery just because I watch a surgeon perform it. Yet, people seem to make that choice about marriage everyday. Try not to allow the fact that you are not experienced in this way of life deter you from it. Follow the inclinations that are within you.

As you can tell, I like to use analogies to help clarify this lifestyle. Again, we go back to the traditional

relationship. I view the concept of trying to find a Master before committing to the lifestyle similar to getting a husband before determining one is heterosexual. No matter how wonderful that man is, the marriage will encounter difficulty. At some point in time, this woman's desires for women will surface regardless of how much she stuffs it down within her. Successful marriages require that each party first determine their heterosexuality (or bisexuality).

Another facet of this point is that people who are married need to decide whether they want a married life or not. Some dream of being married since they are small. It is a way of life that appeals to them. There are others who feel the single life is exactly what they desire. And still others are unsure but enter into the state of matrimony because that is what society promotes. In these instances, sometimes it works out for them, other times it does not.

Use this same thinking when pondering this way of life. Is this something that you want? Do not worry about the qualities of a Master that you are seeking. That comes later. Decide what you are interested in. This is where everything springs forth. If you are truly submissive and seek to live 24/7 (or at least in a D/s situation) then you can move to step 2.

Find A Master

So you have concluded that you are submissive and you would like to live this lifestyle. Now comes the

fun part, finding a Master. Again, I see people botch this step up in many different ways. It seems that common sense goes out the window when dealing with this way of life. Rational decision making is a rarity based upon my observations. Applying abilities you learned in other areas of your life will help your level of success greatly.

The Master Slave relationship is just that: a **relationship**. Never lose site of that fact. There are all the qualities and attributes present in any other relationship. If you are to be with someone long-term, there are certain characteristics that you are sure to look for. There will be some things which are attractive to you while other things turn you off. Seeking out those qualities in a Master that you desire is something that is prudent. Your chance of the relationship succeeding is greatly increased. I feel the main reason so many relationships in this arena fail is the lack of compatibility of the Master and slave. Some people just do not belong together. Keep this in mind as you are traveling along on your search.

We already mentioned one area of incompatibility in the last section. Determining what type of relationship you are willing to enter into is helpful to finding the proper Master. This needs to be done to the best of your ability. Things can change as you progress into this but any parameters you uncover will increase the chances of finding the right person. If you are seeking a 24/7 absolute relationship, you need to look for someone with the means to get you to that point. This would include the experience to train you properly, financial resources, and the long-term mindset to work

with you. Dealing with a Master who is uncertain of what he wants is a cause for failure. It is helpful if both parties have an idea where they would like the relationship to go.

Once you determine what type of relationship you are seeking, then basic interpersonal skills come into play. For whatever reason, many believe that all that was learned should be thrown out just because this is a different lifestyle. This is a complete fallacy and a dangerous way to approach things. Just like in any other relationship, it is important to look for those qualities which you deem attractive. Characteristics such as intelligence, passion, honesty, helpfulness, caring, loving, and accepting are just a few of the traits slaves seek in a Master. Also, likes and dislikes are to be considered. Do you like books, sports, politics, travel, or music? How do these compare with your master? This helps the compatibility aspect immensely. Liking many of the same things makes it much easier to interact with each other long-term. I believe that most who enter these types of relationships fail to carefully consider this vital step. It is a major reason why these situations tend to be rather short term. After the “newness” of the relationship wears off, it becomes a struggle to interact if there is not a commonality between both people.

Experience

This is one of the areas where I believe many slaves, especially new ones, make poor decisions. The

M/s relationship is something which is so different from mainstream lifestyle. For this reason, I feel it is imperative that a new slave get with someone who is experienced. There are many out there pretending to be Doms. Realistically, they are individuals looking to take advantage (usually sexually) of someone who they view as weak. A new person will often fall into this category since she has not received the proper training. Her self esteem generally is low at the beginning. This creates a situation where she can be taken advantage of.

An experienced Master has the background to deal with a new person. Using my personal story as an example, I can tell you my interaction with my slaves versus where I was when I first started is tremendously different. The level of understanding of the entire process is deeper. I know more of the psychology of the lifestyle while being aware of what slaves will go through. Their fears, uncertainties, upbringings, and past relationships all are factors I consider. Often, when I take on someone new, I have to deprogram what was implemented by previous Masters. Some people have dangerous ideas that really take a toll on a slave.

Often, I find these individuals to be like abused puppies. Anyone who has got a dog that was physically beaten knows what I am referring to. There needs to be a process where the dog is shown kindness so as to develop trust. Dealing with a human who was abused, either physically or psychologically, is similar. Extreme care needs to be taken to allay the fears. A person in this state needs to be handled with “kid gloves”.

Experience uncovered for me an extremely valuable concept which I see many overlooking when they are new. This concept is actually rather obvious but I believe the Master's ego cause him or her to miss it. I know this true for me in some of my earlier relationship. Believe it or not, **slaves are human**. They are prone to all the same tendencies as everyone else. This includes the propensity for making mistakes. If one is expecting perfection out of a slave, he or she is going to be disappointed. An experienced Master comes to expect the mistakes which a slave will incur.

There is a big difference between a mistake and disobedience. Most new Masters fail to recognize that important point. Just because a slave does not fulfill a Master's instructions, that is not necessarily grounds for punishment. This is where I believe the abuse can enter the picture. To me, it is abusive to harshly punish someone for a mistake. Errors will be made. That is a part of life. Also, there are some rules that are ridiculous. Whenever a Master sets down such a precedent, then he or she is laying the foundation for an unrealistic relationship. We need to operate within the realm of reason for that particular slave.

A slave who gets with an experienced Master will find her path much easier. The advantage of this is that the slave's growth is the primary focus. An inexperienced Master will need to focus on his progress if he hopes to be able to navigate the relationship properly. Obviously, this will take time away from his slave, thus hindering the development. If you do find that you are dealing with a Master who lacks some

experience, hopefully he will have other experienced people to reach out to. We all were inexperienced with this lifestyle at one point. Being owned by someone who is willing to invest the necessary time and energy into learning is a good replacement for the experience. People with that mindset tend to do rather well in their relationships.

The Actual Submission

This is either the easiest part of the process or the most difficult depending on the first two steps. For a truly submissive person who had the yearning for this type of relationship, it is the most effortless thing one will ever witness. Nature has a way of making things effortless. Have you ever seen a cat struggle to be a cat? Did the cat wake up and wrestle with it's identity as a cat? Of course not. An animal follows its true calling without resistance. People are completely different.

Anyone who follows the outlined steps here will usually not have a difficult time submitting. Once the commitment to the lifestyle is made, then it is simply finding a Master who one is comfortable with and who meets your needs. Upon finding this person, after a period of interacting, you will be ready to submit. My experience is that anyone who gets to this point submits fast and deep. The trust level grows incredibly because of all the ground work that was put in. It is like all the pieces to the puzzle are in place. One realizes that he or she is “home”.

What about those who have difficulty at this point submitting? Again, I will share my observations. Someone who still resists submission to a Master missed a step somewhere along the way. It is common for a submissive type to omit looking at the commitment to this lifestyle. A person is not necessarily designed for this lifestyle just because she has submissive tendencies. Resistance at this stage may indicate that one isn't destined to take the submissiveness to this degree. If one is already interacting with a Master, then he or she should be able to help reveal this. As mentioned, this might take some time to uncover.

Another area which may be evident is the submissive might not be comfortable with the Master chosen. There are a lot of variables which need to align for two people to interact effectively. Hesitation at this point might uncover a lack of compatibility. This is something which should be listened to. The choice in who to submit to should not be taken lightly. A hesitation to submit could be showing you that more time is needed to get to know this person better. I cannot stress enough that this **is a relationship**. Ample consideration needs to be given before committing to move forward. Failure to do so will create hardship in the future.

Individuals will fall into one of these two categories. Anyone who is questioning whether she belongs in this lifestyle needs to delay submitting. Again, should a person accept a marriage proposal if she is questioning being heterosexual or not? In this light it is fairly easy to see the appropriate action.

Therefore, questioning and hesitating are signs that pulling back is necessary. On the other hand, if the proper steps are taken, your inner guide will lead you into the natural act of submitting. There will be no resistance or fight. From my experience, it will seem as effortless as breathing.

Chapter 10

Pain and Punishments



Pain

This is the single topic which causes more controversy than any other. Whenever I talk with new people who are interested in our way of life, invariably this subject matter comes up. It is something that instills tremendous fear in the minds of those searching. This is a topic which is gloried on the Internet. Many people link the Master/slave relationship with violence. As with all other areas, this is not cut in stone. Some people use it as a part of their relationship while others do not. And there are degrees which people engage in it. Let us clear up some of the misleading information about pain in the M/s relationship.

Extreme

I figured the best way to handle this subject is to just dive into the most prolific aspect of it. All of us have seen the pictures of women in a dungeon-like atmosphere being tied up in all kinds of different positions. These women are beaten with a variety of objects including riding crops, paddles, and bull whips. We also see images of people engaging in electric stimulation, mummification, and suffocation. Finally, there are pictures of whip marks and cuts on soft human flesh. Women are crying as a result of the obvious pain they endured. These are the impressions that are ingrained on the psyche of those who are curious about this life.

To begin with, most people do not have the

resources, let alone talent, to lead this particular lifestyle. A quick search of BDSM stores will alert you to the fact that it is easy for people to spend thousands of dollars on machines, leather products, bondage chairs, and other accessories. It is true that those who film hardcore movies have these resources. Yet the average individual cannot usually afford such “toys”. At the same time, not many people can turn an entire room in their house into a dungeon chamber. People still have outside lives to lead.

For one to be a Master in the extreme bondage arena takes years of training. The pictures of women being suspended from the ceiling looks like something that is easy to put together. The reality is that it takes advance knowledge of weigh loads and knot tying. Even the seemingly less difficult activities are rather difficult to pull off. Only an expert in this arena has the necessary skills to successfully create this situation. The odds of you coming across that person are about the same as meeting a Hollywood star in a bar. It could happen but do not bet too much on it.

That is not to say that people involved in the Master/slave lifestyle do not get extreme. It takes just a little practice to become adept at using a riding crop, paddle, and flogger. These are the most common accessories used in the beating of a slave. Also, putting into practice slip knots is a simple way to get into bondage. Strapping someone to a bed or table will put her totally under your control. After that, things can get rather excessive if so desired. This can be coupled with other accessories such as alligator clamps, electrical

cords, and clothespins. Many have enjoyed the incredible pleasure of hot candle wax on their bodies. Each of these activities can range in degree depending upon how far the Master wants to go. I believe this is the single aspect that scares new people.

“Pain Sluts”

Believe it or not, there are people who get off on the physical pain resulting from beatings. It is something they truly enjoy. I loving refer to women in this category as “Pain Sluts”. Over the years, I have owned 3 different women who were of this makeup. Again, among the three of them, there were differences to what they could take. This is where the skill and experience of the Master is vital. New Masters or pretenders can really cause havoc if they play in this area without supervision. Warning signs must be heeded. Sometimes, depending on the individual, they can be really subtle. Knowing when a slave reaches her limit is an important part of the process. Failure to heed these warnings causes deep emotional wounds that might not be overcome.

So what do pain sluts like? Physical pain. Many have reported to me they enjoy a release of endorphins during the beating that gives them a sensation which is similar to a drug. They told me that they get a “high” off it. This is where the pleasure comes in for them. All their physical sensations are stimulated creating an euphoric state for the slave. When a Master couples in bondage with the beating, the pleasure is increased since the

slave's submissiveness is also attended to. At this time, she is completely defenseless against her Master. Obviously, for a newcomer this sounds frightening. Yet, when there is the proper trust between Master and slave, it is a wonderful experience.

This is a good time to mention a state called "subspace". There are times when the pleasure/pain mixture can push a slave into a psychological state we refer to as "subspace". Here, her mind overrode the pain and replaced it with pleasure. Something that seemingly is painful, like a paddling, can take her to an incredibly heightened pleasure zone. The releasing of the endorphins is so great that she experiences a nirvana state where all senses are heightened.

It is a real experience in many people and one not to be overlooked. However, one dangerous aspect of this state is when a Master takes a slave to subspace and doesn't bring him or her back. There needs to be a period after the scene where the slave is allowed to "come back". This is done through touching, caressing, and talking to that person. Some can do it rather quickly. Other require as long as half an hour to get back to normal. This is just another example of how a Master needs to think of the safety of a slave at all times.

Some enjoy pain so much that they are not happy unless they are literally crying. I knew one who has this threshold of pain. A simple whipping bored her. She really wanted to experience the deep sensation of extreme pain. Subspace is something she entered into

rather easily. Also, she not only craved the pain during the scene but also the soreness that endured for the next couple of days. It gave her a fond recollection of what she went through. Of course, I want to point out that this woman was a rarity even among the extreme. She is the one of the few I ever met who wanted to go to this degree. Do not expect every sub to go to this degree nor should anyone be upset if this is not for them. I am only pointing out the ranges that exist within this aspect of the lifestyle.

There were a couple of others that I was involved with who enjoyed pain also. It was interesting that these women wanted the beating as much as sex. If I had sex with them a few times in a row without beating them, they would plead with me to come over and have a pain session with them. Again, they received the same “high” that was mentioned earlier. This was an added stimulation that they sought to receive. Thus, the pleasure of the beating is actually enjoyed by the slave.

Punishments

People associate beating with punishment. Again, they view images they see on line or relate to stories they hear of slaves being beaten. Perhaps the mental pictures we carry from our days in school of the beatings administered on the slaves a couple hundred years ago stands out in our mind. Either way, most have a low opinion of the beatings given as a punishment.

Punishments can come in many forms. My

experience shows that beatings are a poor way to discipline a slave. They work in some instances, but for the most part there are more effective ways. We just mentioned the lovers of pain. Obviously, this is a group of people who love beatings. How do you think that using them as a form of punishment would work? That would be the same as punishing a child by making him eat chocolate cake. The message may be missed. Therefore, in all my dealings with types, I used techniques different than beatings. You will find a few suggestions later in the chapter.

Are beatings effective with the women who are not into pain? Again, this is a loaded question. People who are adverse to physical pain will detest being whipped. As a discipline tool it is effective in delivering a message. Once administered, however, the threat of future beatings nets greater results. I have seen women change their entire demeanor at a Master's mere mention of a paddle. The memory of that red ass is still fresh in their minds. It is something that they will do anything to avoid. This is where I found most of the effectiveness to come from. To engage in a cycle of endless beatings is not really a useful way to dictate behavior.

At this point it is helpful to mention that the Masters need to be judicious when looking at punishments, especially physical ones. It is rather easy to turn whipping into abuse. Nobody gets into this lifestyle to be abused. A slave is not to be used as a whipping post for your amusements. Also, a true Master will not abuse his power. We are always watchful of the

safety of those in our care.

Pain As An Elixir

So where does pain come into the Master/slave relationship? What is commonplace? I will try to give you a generalization of where most of the slaves I dealt with fell. The majority were not lovers of pain. Equally as rare are those women who want no pain whatsoever. I found that most can endure some pain. In fact, these same women enjoyed the pain administered up to a point. It was my responsibility to find their limits.

I will admit there is great satisfaction from giving a slave a beating. It is wonderful to hear the smack of an object against the skin of a slave. The feeling is only enhanced when she lets out a yelp as the accessory strikes her body. The feeling of power is intense when you use someone in this manner. This is one of the ways that my dominant side is stroked. Again, I am not endorsing abuse in any manner. It is vital to know her limits. A good Master will help a slave push beyond those limits when possible.

When you think about it, most people engage in some form of BDSM in their sexual activity. Surveys reveal that the majority of couples engage in spanking or light bondage in some way. Most know the pleasure of being swatted on the ass while having sex. In fact, every slave I met instantly agreed to spankings regardless of her affinity for pain. However, it is beyond that where I had to carefully navigate the waters.

Pain helps awaken the body. It lets the slave know that he or she is alive. The fact that a Master derives pleasure from it also creates an enjoyable experience. If a slave likes a spanking, then a Master can move that person to take a spanking with a spatula. Naturally this is a far cry from the extreme beating mentioned earlier. Yet for some, it can be a big transition. It is important to treat each individually when looking to progress through the physical aspect of things.

The Process

I found the magical component to the arena of pain is to go SLOWLY. This pertains to the individual session and to the general progression of the slave. Masters encounter extreme resistance when they move to swiftly. It takes some time for a slave to adjust to what is going on. Providing the necessary time for the body to adjust will provide much better results.

This reminds me of the bullfrog in a pot story. Anyone who has ever tried to boil a bullfrog knows there is a method to it. Now, I am going to be honest with you by sharing that I do not have first-hand experience in this. This is based upon the knowledge of others. Anyway, if one boils water and then throws the bullfrog in, the frog instantly jumps out. That is not the way to successfully boil a frog. The solution is to put the frog in water that is a comfortable temperature. Then, the cook increases the heat incrementally so that the frog is not

aware of the difference. Of course, it reaches a point where the water is so hot that the frog is cooked. Throughout the entire process, the frog is unaware of the change.

Administering a beating to a slave needs to follow the same pattern. The results will be negative if a Master immediately pulls out a bamboo cane to start. I prefer to start with light spankings with my hand before moving to an accessory. At this point, I might use a small paddle or other object to warm the ass up. The same process is used for clamps. My preference is to start with clothespins to get the body accustomed to the pinching. After that, some smooth clips can be used before advancing to the alligator clips. It is the progression which allows the slave to comfortably expand his or her limits. Of course, I will stress again, that a Master needs to be acutely aware of signs coming from that person. There will come a point where it is best to back off for the psychological safety of the slave.

In the general progression of a slave's training, the concept is the same. Again, we do not want to pull out the bamboo with someone who is new to the lifestyle. It is important to start slow while working a little further with each session. I have seen many women who initially were adverse to pain come to enjoy it immensely. Nevertheless, these situations involved an experienced Master who handled things properly.

Past Experiences

A slave will come to you with a variety of experiences. These all need to be accounted for if you want to safely progress into this lifestyle. Communication is imperative. It is common to find many (women especially) had physical or sexual abuse. Rape tends to be a commonality too. Thus issues can be overcome with the proper attention.

Approaching things slowly tends to help with these old wounds. When I work with a slave, I continually ask her how she is doing. This gives her the reassurance of my concern. The trust in those moments is strengthened by this simple act. Also, before we start, I try to uncover her areas of hindrance. Where were her bad experiences in the past? Even if there was no abuse, it is possible for a slave to have encountered some pain inadvertently.

This is not a book in psychology so I will not go into detail of healing old wounds. There are situations where the abuse is so bad that professional help is required. If you find a slave has this, an important decision needs to be made. Perhaps it is best to release her until she overcomes these issues. Nonetheless, barring the most extreme, it is best to be cautious when dealing with her. One thing that I found to be helpful is to keep the slave in the present moment. Again, talking to her during the process is of great assistance. If a treatment resembles something she endured in the past, it is common for her to drift to that

past abuse. Keep her in the present moment so that she is aware that her Master is administering the beating. Also, at least initially, avoid the use of blindfolds. Giving her the ability to visually see her surroundings will bring her back if she drifts. Blindfolds tend to leave her no option but to mentally move back to that past time.

For someone new to this lifestyle, this is an area where caution is required. Both Masters and slaves need to be aware of the pitfalls when dealing with pain. Do the proper research to ensure the safety of the slave. This is the top priority. It is my experience that all the slaves I worked with came to enjoy some degree of pain. Being an effective Master necessitates finding her limits. Yet, I will stress again, abuse is not a part of this lifestyle. Beating a slave just because you can is nonsense. That is what really makes people fear this wonderful way of life.

As with all aspects, a slave's choice in a Master is vital. Seek out those who are experienced if you are truly seeking to get into this. The pain aspect should not be something to deter you from this. With the proper training, I feel that you will learn there is something within you that desires it. There is just something about the submissive streak within a slave that aligns well with the physical interaction. It is a wonderful exploration in the right circumstances.

One final thought about pain: slaves are human beings. Physical pain is something that hurts. However, it is nothing that compares to the emotional or

psychological pain. Even though a Master has total control, it does not mean that he or she is devoid of feelings. A slave does not take to dishonesty, shunning, or any other ill treatment. Intentionally inflicting this type of pain can be viewed as abuse in my opinion. If you intend on having a slave that serves you well, be sure to take care of him or her. Neglected property never seems to work properly.

Punishments

A realistic approach to this lifestyle is to understand that slaves misbehave periodically. Sometimes they do this in an effort to gain attention when they feel neglected. Remember the old saying that without positive attention one will turn to try to get negative attention. Accept this as a part of the process. Slaves require discipline at times. A good Master will have the maturity to administer punishment as a way of shaping future behavior.

When a woman submits, she usually does so with the intention of making Master happy. If this is not the case, you are probably dealing with someone who is not designed for this lifestyle. Defiance is a trait that has no business in the Master/slave relationship. Nonetheless, many slaves, because of their past experiences, hold onto the characteristic. Under these conditions, the Master needs to take the proper action to help overcome this detrimental quality.

Punishments are done for the good of the slave.

They are not done to abuse. Anyone with children will clearly understand the difference. Discipline is an important part of one's development. When someone comes into this lifestyle, in many ways that person is childlike because this is all so new. A Master is responsible for facilitating all aspects of the training. To ignore this important point will create larger issues in the future. A slave cannot be expected to self train or know what to do without guidance. A Master must take this role.

Physical-Whippings

When discussing punishments, this is the image that pops into their mind. People are conditioned to believe whipping is the proper way to train a slave. This can be effective in certain circumstances. Yet, while I found it to be the least effective method, it is something that I periodically will use even with the most seasoned slaves. A physical beating gives that person the reminder that this form of punishment is still at my disposal if I so choose. Also, it will provide me with the option of threatening her with it in the future. This often is more effective than the actual beating.

Used prudently, physical punishment can alter a slave's behavior.

Physical-Other Forms

We are not going to delve into all the different forms of punishment that are out there. The Internet

does a decent job explaining the different things that you can do to punish a slave. Basically, it is only limited to what your imagination can create. The effectiveness of any one punishment is dependent upon the particular slave. What works with some fails to have an impact on others. Try different things to see what works best in each situation. I found that a variety of different methods utilized seems to have the biggest effect.

Some of the things that I have used in the past which falls into the physical category are having a slave stand in the corner, removing bathroom privileges, making her sleep on the floor, and strapping her to the bed for an extended period of time. These methods really help to drive home the point of the lesson without placing undue harm on her. The goal is to provide her with enough discomfort to make her realize the error she made. Disobedience is something that I deal with immediately and in a proportional manner.

Psychological

As you can guess by now, this is the method that I prefer. Whenever I deal with a slave, I find it more effective to enter their psyche. This is where one can make the greatest impression. As mentioned in the earlier chapters, control that is done from the psychological perspective is more certain to net the results that you are looking for. Physical intimidation only works while that person is in your presence. Along the same lines, physical punishments carry impact only

while the pain exists. After that, it loses its intensity.

How does one punish a slave psychologically? I found the best way is to remove something from her. The act of taking away something while driving home the extent of a Master's power really gets attention. I learned the most powerful thing that I can take from a slave is me. Removing all interaction with me for a period of 24-48 hours seems to always get me the results I desire. I had slaves waiting by the phone or on line during this period just in case I changed my mind. All reported that it was painful being apart from my guidance for so long. This is the power of this punishment. It is so much the separation; it is the fact that the guidance that is relied upon vanishes. A slave will suddenly feel lost. This is especially true if she has been owned for a long time. The guidance of a Master is like oxygen after a certain period of time. Remove it from a slave and he or she will not know what to do.

Conclusion

There you have it, an introduction to the M/s relationship. I hope you find this publication to be helpful. My goal was to put together something that gave people an overview of this lifestyle while warning of some of the pitfalls that are out there. With so much misinformation out there about the way we live, I decided to clear up some of the issues.

This is a wonderful life for those who have the maturity and commitment to makes things successful. Unfortunately, there are no shortcuts. We are dealing with people which mean we are going to encounter the whole spectrum of human emotion. The challenges faced by those in the traditional realm are also felt in this lifestyle. We are not absolved from living.

Choose wisely as you forge ahead on your journey. At times the waters are perilous. There are many who are looking to abuse others for their own pleasure. They seek to gain satisfaction at the expense of others. Be forewarned. It is best to approach all with caution and distrust, at least initially. You want to make someone earn your trust. Do not be foolish by blindly giving it to someone who is nothing more than a few characters on a computer screen. That is how people end up getting hurt.

Whether you determine this way of life is for you or not, I wish you the best in all your future endeavors. I trust that our paths will cross again at some point.

Thank you for taking the time to read the publication.

I wish you success.

Appendix 1

Switches



I omitted this topic from the main text of this publication. However, I do feel it is something that is worthy of covering. Switches are a viable and real part of the BDSM, D/s, and M/s community. Unfortunately, many feel the need to dismiss them for various reasons.

A switch is a person who is both dominant and submissive. This particular person has both tendencies roaring within him or her. For this reason, they seem to fit into a category all their own. Again, this is not meant to isolate them in a demeaning way. They are just as respectable as any other natural choice in this lifestyle.

It is common for one to want to dominate one gender while submitting to another. I have seen many who want to dominate women while being submissive to men. For them, the gender breakdown was how they fulfilled each of these dual tendencies.

Still others prefer to change with the “seasons”. They are not gender specific in their choices. Rather, it depends upon the person he or she is interacting with at a given time. This individual might submit to a dominant man in one instance while taking control of another male who is submissive.

As you can see, there are different kinds of switches. Whatever the chosen preference, accept each of these people for their contributions to the lifestyle. There is room enough in this way of life for everyone. It is important to leave the judgments at the door.

Appendix 2

QUESTIONS



So you desire to life in a 24/7 Master/slave relationship. That is wonderful. Many of us have found a happiness and pride which we never had before. However, before jumping into this, are you absolutely certain that this is what you want to do? For slaves, the turning over of your entire life to another is a serious proposition. We mentioned the dangers that go along with making a poor selection. On the Master's side, this is equally as important a decision. It is easy to underestimate the responsibility which goes along with owning someone else. The personal mastery level is far greater than most anticipate. Once a slave commits to you, all burdens are on your shoulders. This is not a relationship of shared responsibility. You need to determine if you are up to the challenge.

Remember, a 24/7 relationship is not something that you just try out. It is a commitment of the highest proportion in the lifestyle. Once committed, there is no turning back without tremendous pain and heartache. This isn't something that you try out for three months to see if you like it. The answers to these questions cannot be "I think this is what I want" or "I think I can do this". Think hard to ensure that your responses to these questions are overwhelmingly in the positive.

Questions For Slaves

What is your motivation for being in this type of relationship? Are you one who “burns to serve”?

In what ways were you submissive in the past?

How do you feel when you hear yourself being referred to as “slave”? Does it give you a warm feeling?

Is being submissive something that feels very comfortable/natural to you?

Are you one who has always abhorred responsibility?

Where are you at in your life? Are you in a stable place?

Have you dealt with a lot of your underlying issues of the past? Or are you looking for this relationship to solve your problems?

When did you first notice your submissive side? Have you found the desire growing the more you entertain the idea?

Do you know what you are in for? Have you discussed this type of relationship with other subs? What pitfalls did they encounter? How are you going to avoid them?

Is the one you are looking to submit to experienced? Do you have the capability to distinguish someone who is for real compared to a pretender? Is this person

experienced in the training process so as to not be making it up as he goes along?

Have you discussed the particulars with the one you are going to submit to? Where do family, career, school, and other life issues come in? What are his expectations of you in these areas?

Does he have the wherewithal to make you a 24/7 slave?

Are the financial resources available to allow you serve full-time at home? Will you be a kept slave or will you have “outside” responsibilities?

Have you given ample consideration to this decision? Did you just realize you were submissive and then decide to jump into a relationship? Or was this within your for a while?

When you admitted to yourself (or another) that you were submissive, did you feel like you were “home”? Were you aware of the feeling that your long search was over?

Slaves that I met who were happy in this lifestyle all seemed to have that yearning for submission long before they found this way of life. Upon finding this, their path into it was effortless and rapid. Many shared with me experiences and feelings which they could not summarize with words. The first submission to a Master put them in a state of nirvana. Many felt an immediate release of all the pressures that afflicted them

before. There was a “knowing” that they were on the right path even if a degree of fear still existed. Somehow, it all felt right. Whereas, there was a discomfort with the traditional lifestyle, there is total ease with the decision to submit. Looking back, it was a natural transition for them.

Is this the point that you are at? Consider how you feel when viewing this way of life. Be aware of those areas where you are “forcing” things. Expect that fear will be present to a certain degree. However, do not allow this to be your decision-maker. By the same token, give ample thought to exactly what you are doing. Is this something that you are ready for at this time? It is highly possible that you are submissive and cut out for a Master/slave relationship, yet the timing is bad. If everything is in order, your submission to a Master will feel heavenly. Do not be deterred by the unknown, an experienced Master will guide you.

Questions For Masters

Are you ready for the total responsibility of caring for another human being?

Do you have the emotional mastery to effectively dominate another human being?

Can you accept being the sole decision maker? How is your decision making ability? Do you make them quickly and effectively or waffle when confronted with making a choice?

How do you feel towards having this thrust upon you? Is it something that you avoid and detest?

Do you have consistency in your life? Are you an emotionally balanced person?

Are you someone that others trust?

Is this lifestyle real for you or are you one just looking for some fun?

Is this someone you see yourself dealing with long-term?

How committed are you to this lifestyle and, more importantly, to this slave?

Do you change your mind often?

Are you one to get angry a lot or lose your cool?

How adept are you at accepting mistakes from other people?

Do you readily admit your shortcomings while working to improve on them?

Have you got an understanding of how to deal with all the “extra” issues that a slave brings with her? Are you aware of what a Slave is bringing; kids, health, financial?

Can you take over another person's mind, body, and soul? Can you offer someone more than just controlling her out of brute force?

Do you believe fear has any part of this relationship? Are the skills within you to pacify even the most fearful slave? Can you be a calming influence on her rather than an upsetting one?

Are you adept at running your own life? Or is it in total chaos and you are looking for this to fix it?

Like with the slaves in this lifestyle, the Masters I met entered it with a degree of naturalness. It was simply something that worked well for them. People who shun responsibility or who are emotionally unstable fail to make effective Masters. A slave needs the consistency and fairness that a true Master can offer. This is only accomplished if one has enough emotional control to handle oneself. Erratic behavior is extremely detrimental to a slave. Knowing yourself will allow you

to assess your capability in this area.

Being a Master is all about having the proper mindset. A slave is willing to give her life over if she can trust her Master entirely. For this to happen, someone needs to show him or herself to be trustworthy. Also, this lifestyle deals a lot more than with just sex. Continual growth is the barometer which we operate by. A Master is interested in developing his skills by growing while helping his Slave to grow in the areas she is lacking. Contrary to what many believe, a slave is not one who needs to be beaten down. Rather, an effective Master seeks to lift his slave to a higher level. One cannot be intimidated by the progress of a slave. This is where abuse starts to enter. Taking care of your emotional self first will allow you to be able to effectively deal with anything that transpires with your slave.

The difference between a true Master and a pretender is the maturity level which this lifestyle is approached. A pretender is selfishly only looking to take advantage of someone who is weaker. Again, this is abuse. A Master looks at all the ways he can help his slave become a better person. This is done through serving him. When done properly, her obedience will allow her to blossom into a special person. Slavery is not a state of weakness. A good Master will do all he can to provide his slave with immeasurable strength. It is through her submission that she is empowered. You need to look carefully at yourself to determine if you have the ability to do this for her.

Other Products By Dennis Najee

Erotic Humiliation:

This is a ground breaking book describing the merits of this wonderful technique. If you are seeking ways to liven up your sex life, a little erotic humiliation can be just what is needed. The act of having someone stroke your submissive side in a safe manner can heighten any sexual situation.

Words Of Submission:

The **BDSM** world is so different from the traditional lifestyle. ***Words of Submission*** clarifies some of the misconception that is out there. Reading this allows one to feel the ups and downs encountered in this way of life. It is a realistic view of what the lifestyle is really like. The poems are both heartfelt and heart wrenching. This sub completely opened up her emotions for everyone to experience.

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